

**Gettysburg Area School District  
Middle School**

**April 2026  
Breakfast Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>4/1</b> 1. Bacon, Egg and Cheese Pancake Sandwich <b>28</b> 2. Caramel Mini Cini <b>35</b> 3. Assorted Muffin <b>45</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>4/2</b>  <p style="text-align: center;"><b>No School</b></p>	<b>4/3</b>  <p style="text-align: center;"><b>No School</b></p>
<b>4/6</b>  <p style="text-align: center;"><b>No School</b></p>	<b>4/7</b> 1. Chicken Biscuit Sandwich <b>34</b> 2. WG Stuffed Hash Brown <b>48</b> 3. Assorted Muffins <b>45</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>4/8</b> 1. Sausage, Egg and Cheese Pancake Sandwich <b>28</b> 2. Egg Bites <b>3</b> w/Hash Brown <b>12</b> 3. Strawberry Pancakes <b>38</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk	<b>4/9</b> 1. Ham, Egg, Cheese Donut <b>32</b> 2. Donut and Berry Parfait <b>45</b> 3. Apple Frudel <b>36</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>4/10</b> 1. Confetti Waffles <b>30</b> 2. Strawberry Pancakes <b>38</b> 3. Assorted Muffin <b>45</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk
<b>4/13</b> 1. Waffles w/Bacon <b>30</b> 2. WG Breakfast Bacon Pizza <b>22</b> 3. WG Chocolate Donut Holes <b>38</b>  <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>4/14</b> 1. Sausage, Egg and Cheese Muffin <b>28</b> 2. Iced Cinnamon Bun <b>38</b> 3. Confetti Waffles <b>30</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>4/15</b> 1. Bacon, Egg and Cheese Pancake Sandwich <b>28</b> 2. Caramel Mini Cini <b>35</b> 3. Assorted Muffin <b>45</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>4/16</b> 1. Sausage, Egg and Cheese Bagel <b>32</b> 2. Egg Omelette <b>1</b> w/Bacon <b>1</b> 3. Mini Banana Bread <b>28</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>4/17</b> 1. French Toast w/Sausage <b>30</b> 2. Breakfast Bacon Pizza <b>22</b> 3. Assorted Muffin <b>45</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>
<b>4/20</b> 1. Ham, Egg and Cheese Croissant <b>27</b> 2. Bagel w/Cream Cheese <b>28</b> 3. WG Honey Bun <b>40</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>4/21</b> 1. Chicken Biscuit Sandwich <b>34</b> 2. WG Stuffed Hash Brown <b>48</b> 3. Assorted Muffins <b>45</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>4/22</b> 1. Sausage, Egg and Cheese Pancake Sandwich <b>28</b> 2. Egg Bites <b>3</b> w/Hash Brown <b>12</b> 3. Strawberry Pancakes <b>38</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk	<b>4/23</b> 1. Ham, Egg, Cheese Donut <b>32</b> 2. Donut and Berry Parfait <b>45</b> 3. Apple Frudel <b>36</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>4/24</b> 1. Confetti Waffles <b>30</b> 2. Strawberry Pancakes <b>38</b> 3. Assorted Muffin <b>45</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk
<b>4/27</b> 1. Waffles w/Bacon <b>30</b> 2. WG Breakfast Bacon Pizza <b>22</b> 3. WG Chocolate Donut Holes <b>38</b>  <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>4/28</b> 1. Sausage, Egg and Cheese Muffin <b>28</b> 2. Iced Cinnamon Bun <b>38</b> 3. Confetti Waffles <b>30</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>4/29</b> 1. Bacon, Egg and Cheese Pancake Sandwich <b>28</b> 2. Caramel Mini Cini <b>35</b> 3. Assorted Muffin <b>45</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>4/30</b> 1. Sausage, Egg and Cheese Bagel <b>32</b> 2. Egg Omelette <b>1</b> w/Bacon <b>1</b> 3. Mini Banana Bread <b>28</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	

**Daily Alternate Breakfast Meals: Assorted Low Sugar Cereal 25 w/String Cheese; 1**

