Gettysburg Area School District *High School*			November 2026 Breakfast Carb Counts	
Monday	Tuesday	Wednesday	Thursday	Friday
11/2 1. Breakfast Wrap **34** 2. Mini Maple Pancakes **37** 3. Bagel w/Cream Cheese **28** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/3** 1.Bacon, Egg and Cheese Biscuit **24** 2. Iced Cinnamon Bun **38** 3. Fruit Smoothie **22.5** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/4** 1. Chicken Waffle Sandwich w/Hash Brown **50** 2. Apple Frudel **36** 3. Assorted Muffins **45** **Sides**: Chilled Fruit, **15** 100% Fruit juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk	**11/5** 1.Ham and Cheese on a Donut **32** 2. Yogurt Parfait **37.5** 3. Breakfast Pizza **27** **Sides**: Chilled Fruit, **15** 100% Fruit juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/6** 1.Sausage Biscuit w/Hash Brown **42** 2. Breakfast Pizza **27** 3. Blueberry Crumble Cake **46** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**
11/9 1.Ham, Egg and Cheese Croissant **28** 2.Bacon, Egg and Cheese Bites w/Hash Brown **42** 3. Assorted Frudels **38** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/10** 1. Breakfast Burrito **34** 2. Blueberry Pancakes **36** 3. Fruit Smoothie **22.5** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/11** 1.Sausage and Egg Pancake Sandwich **28** 2. Breakfast Pizza **27** 3. Blueberry Overnight Oats **45** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/12** 1.Bacon, Egg and Cheese Wrap **34** 2.French Toast w/Sausage **29.25** 3. Cinnatwin **46** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/13** 1. Ham and Cheese on a Donut **32** 2. Waffles w/Bacon and Hash Brown **44** 3. Cinnamon Crumble Cake **48** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk
11/16 1. Ham, Egg and Cheese Muffin **28** 2. Caramel Mini Cini **40** 3. Pop Tart w/String Cheese **36** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/17** 1.Sausage, Egg and Cheese Wrap 34 2. Iced Cinnamon Bun **38** 3. Yogurt Parfait **37.5** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/18** 	**11/19** 	**11/20** 
11/23 1. Breakfast Burrito **34** 2. Pancakes w/Sausage **28** 3. Blueberry Crumble Cake **46** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/24** 1. Ham, Egg and Cheese Croissant **28** 2. Cinnamon Sugar Donut **49** 3. Fruit Smoothie **22.5** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/25** 	**11/26** 	**11/27** 
11/30 				

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