Gettysburg Area School District *Middle School*			November 2026 Breakfast Carb Counts	
Monday	Tuesday	Wednesday	Thursday	Friday
11/2 1. Bacon, Egg and Cheese Pancake Sandwich **28** 2. Breakfast Burrito **21.82** 3.Apple Frudel **34** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/3** 1.Chicken Biscuit Sandwich w/Tater Tots **50** 2. Confetti Waffles **30** 3.Chocolate Crescent **37** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/4** 1. Bacon, Egg and Cheese Bagel **26** 2. Iced Cinnamon Bun **38** 3. Chocolate Donut Holes **37** **Sides**: Chilled Fruit, **15** 100% Fruit juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk	**11/5** 1.Sausage, Egg and Cheese Muffin **28** 2.Banana Split **62.5** 3. Blueberry Crumble Cake **46** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/6** 1.Ham, Egg and Cheese Croissant **28** 2.Breakfast Bagel **37** 3. Assorted Muffins **45** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**
11/9 1. Waffles w/Bacon **30** 2. Donut and Berry Parfait **37.5** 3. Cinnatwin **46** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/10** 1.Sausage, Egg and Cheese Muffin **28** 2.Cinnamon Crumble Cake **48** 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**	**11/11** 1.Bacon, Egg and Cheese Croissant **28** 2.Apple Cinnamon Roll Parfait **37.5** 3.Iced Cinnamon Bun **38** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/12** 1.Sausage and Gravy w/Biscuit **29** 2.Caramel Mini Cini **35** 3. Assorted Muffins **45** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/13** 1.Ham, Egg and Cheese Croissant **28** 2.Breakfast Pizza **27** 3. Honey Bun **40** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**
11/16 1. Bacon, Egg and Cheese Pancake Sandwich **28** 2. Breakfast Burrito **21.82** 3.Apple Frudel **34** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/17** 1.Chicken Biscuit Sandwich w/Tater Tots **50** 2. Confetti Waffles **30** 3.Chocolate Crescent **37** **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. Waffles w/Bacon **30** 2. Donut and Berry Parfait **37.5** 3. Cinnatwin **46** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/24** 1.Sausage, Egg and Cheese Muffin **28** 2.Cinnamon Crumble Cake **48** 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**	**11/25** 	**11/26** 	**11/27** 
11/30 				

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