Gettysburg Area School District Elementary School			November 2026 Breakfast Carb Counts	
Monday	Tuesday	Wednesday	Thursday	Friday
11/2 1. Confetti Waffles **30** 2. Apple Frudel **34** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/3** 1. Apple Cinnamon Roll Parfait **37.5** 2. Chocolate Chip Muffin **46.7** **Sides**: Chilled Fruit **15**, Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/4** 1.Sausage, Egg and Cheese Bagel **32** 2.Caramel Mini Cini **35** **Sides:** Chilled Fruit **15,** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc**	**11/5** 1. Blueberry Pancakes **36** 2. Yogurt w/Graham Crackers **29.3** **Sides**: Chilled Fruit **15**, Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/6** 1. Bacon, Egg and Cheese Muffin **28** 2. Cinnatwin **46** **Sides**: Chilled Fruit **15**, Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**
11/9 1. Sausage, Egg and Cheese Pancake Sandwich **28** 2. Chocolate Frudel **38** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/10** 1. Bacon, Egg and Cheese Muffin **28** 2. Banana Boat **62.5** **Sides**: Chilled Fruit **15**, Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/11** 1. Iced Cinnamon Bun **38** 2. WG Bagel w/Cream Cheese **28** **Sides:** Chilled Fruit **15,** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc**	**11/12** 1. Breakfast Burrito **21.82** 2.French Toast Sticks **29.25** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/13** 1. Bacon, Egg and Cheese Croissant **28** 2. Breakfast Pizza **27** **Sides**: Chilled Fruit **15**, Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**
11/16 1. Confetti Waffles **30** 2. Apple Frudel **34** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/17** 1. Apple Cinnamon Roll Parfait **37.5** 2. Chocolate Chip Muffin **46.7** **Sides**: Chilled Fruit **15**, Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**11/18** 	**11/19** 	**11/20** 
11/23 1. Iced Cinnamon Bun **38** 2. WG Bagel w/Cream Cheese **28** **Sides:** Chilled Fruit **15,** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc**	**11/24** 1. Breakfast Burrito **21.82** 2.French Toast Sticks **29.25** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** 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

SF Syrup For Breakfast Items - 8