Gettysburg Area School District *High School*			December 2026 Breakfast Carb Counts	
Monday	Tuesday	Wednesday	Thursday	Friday
	12/1 1.Ham and Cheese Croissant **27** 2. Cinnamon Waffles **37** 3.Chocolate Crescent **37** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**12/2** 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	**12/3** 1.Chicken w/Waffle and 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 **24**	**12/4** 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**
12/7 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**	**12/8** 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**	**12/9** 1.Bacon, Egg and Cheese Croissant **28** 2.Sausage, Egg and Cheese Wrap **22** 3.Iced Cinnamon Bun **38** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**12/10** 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**	**12/11** 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**
12/14 	**12/15** 1.Ham and Cheese Croissant **27** 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**	**12/16** 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	**12/17** 1.Sausage Biscuit w/Tater Tots **42** 2. Breakfast Pizza **27** 3. Fruit Smoothie **22.5** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**12/18** 1.Breakfast Burrito **34** 2.Blueberry Pancakes **36** 3. Stuffed Hash Brown **48** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**
12/21 1.Ham and Cheese Croissant **27** 2. Cinnamon Waffles **37** 3.Chocolate Crescent **37** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**12/22** 1.Bacon, Egg and Cheese Croissant **28** 2.Sausage, Egg and Cheese Wrap **22** 3.Iced Cinnamon Bun **38** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**12/23** 	**12/24** 	**12/25** 
12/28 	**12/29** 	**12/30** 	**12/31** 	

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