Gettysburg Area School District Elementary School			December 2026 Breakfast Carb Counts	
Monday	Tuesday	Wednesday	Thursday	Friday
	12/1 1. Confetti Waffles **30** 2. Blueberry Muffin **45** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** 1 % Milk **12,** 1 % **Choc** Milk **24**	**12/2** 1.Sausage, Egg and Cheese Pancake Sandwich **28** 2.Chocolate Frudel **38** **Sides:** Chilled Fruit **15,** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc**	**12/3** 1. Ham and Cheese Croissant **27** 2. Blueberry Pancakes **35** **Sides**: Chilled Fruit **15,** 100% Fruit Juice **15,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**12/4** 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**
12/7 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**	**12/8** 1. Bacon, Egg and Cheese Muffin **28** 2. Banana Boat **62.5** **Sides**: Chilled Fruit **15**, 100% Fruit Juice **15,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**12/9** 1. Breakfast Burrito **21.82** 2.French Toast Sticks **29.25** **Sides**: Chilled Fruit, **15,** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**12/10** 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**	**12/11** 1. Breakfast Pizza **27** 2. Chocolate Chip Muffin **46.7** **Sides**: Chilled Fruit **15**, 100% Fruit Juice **15,** 1 % Milk **12,** 1 % **Choc** Milk **24**
12/14 	**12/15** 1. Confetti Waffles **30** 2. Blueberry Muffin **45** **Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** 1 % Milk **12,** 1 % **Choc** Milk **24**	**12/16** 1.Sausage, Egg and Cheese Pancake Sandwich **28** 2.Chocolate Frudel **38** **Sides:** Chilled Fruit **15,** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc**	**12/17** 1. Ham and Cheese Croissant **27** 2. Blueberry Pancakes **35** **Sides**: Chilled Fruit **15,** 100% Fruit Juice **15,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**12/18** 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**
12/21 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**	**12/22** 1. Bacon, Egg and Cheese Muffin **28** 2. Banana Boat **62.5** **Sides**: Chilled Fruit **15**, 100% Fruit Juice **15,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**12/23** 	**12/24** 	**12/25** 
12/28 	**12/29** 	**12/30** 	**12/31** 	

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

SF Syrup For Breakfast Items - 8