

**Gettysburg Area School District
Elementary School**

**March 2023
Breakfast Carb Counts**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| 3/6 1. Bacon, Egg, and Cheese on WG French Toast 24 2. WG Blueberry Muffin 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 3/7 1. WG Mini Choc. Chip French Toast 35 2. Yogurt and Berry Parfait 41 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 3/8 1. Egg and Cheese on a WG Biscuit 26 2. Asst. Cereal Bars 30 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 3/9 1. WG Iced Cinnamon Bun 38 2. WG Bagel w/Cream Cheese 28 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 3/10 1. WG Breakfast Sausage Pizza 27 2. WG Fruit Frudel 36 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 |
| 3/13 1. Chocolate Filled Croissant 37 2. WG Chocolate Chip Muffin 46.7 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 3/14 1. Sausage, Egg, and Cheese on a WG Biscuit 26 2. Mini Cini WG Breakfast Pastry 40 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 3/15 1. WG Maple Waffles 39 w/SF Syrup 8 2. Donut and Berry Parfait 37.5 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 3/16 1. Sausage, Egg, and Cheese on a WG Muffin 34.5 2. Yogurt and Berry Parfait 41 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 3/17 <u>Early Dismissal</u> 1. WG Breakfast Bacon Pizza 22 2. Yogurt and Berry Parfait 41 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 |
| 3/20 1. Bacon, Egg, and Cheese on a WG French Toast 24 2. WG Blueberry Muffin 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 3/21 1. WG Mini Choc. Chip French Toast 35 2. Yogurt and Berry Parfait 41 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 3/22 1. Egg and Cheese on a WG Biscuit 26 2. Asst. Cereal Bars 30 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 3/23 1. WG Iced Cinnamon Bun 38 2. WG Bagel w/Cream Cheese 28 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 3/24 1. WG Breakfast Sausage Pizza 27 2. WG Apple Frudel 36 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 |
| 3/27 1. Chocolate Filled Croissant 37 2. WG Chocolate Chip Muffin 46.7 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 3/28 1. Sausage, Egg, and Cheese on a WG Biscuit 26 2. Mini Cini WG Breakfast Pastry 40 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 3/29 1. WG Maple Waffles 39 w/SF Syrup 8 2. Donut and Berry Parfait 37.5 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 3/30 1. Sausage, Egg, and Cheese on a WG Muffin 34.5 2. Yogurt and Berry Parfait 41 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 3/31 1. WG Breakfast Bacon Pizza 22 2. Yogurt and Berry Parfait 41 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 |
| 4/3 1. Bacon, Egg, and Cheese on a WG French Toast 24 2. WG Blueberry Muffin 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 4/4 1. WG Mini Choc. Chip French Toast 35 2. Yogurt and Berry Parfait 41 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 4/5 1. Egg and Cheese on a WG Biscuit 26 2. Asst. Cereal Bars 30 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 4/6 1. WG Iced Cinnamon Bun 38 2. WG Bagel w/Cream Cheese 28 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 4/7 <u>No School</u> 1. WG Breakfast Sausage Pizza 27 2. WG Apple Frudel 36 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 |

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