

**Gettysburg Area School District
Secondary School**

**March 2023
Breakfast Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
3/6 1. Bacon, Egg and Cheese on a Bagel w/Tater Tots 40 2. Yogurt and Berry Parfait 49 3. Chocolate Filled Crescent 37. Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/7 1. Donut Ham and Cheese Sandwich w/Hash Brown 46 2. Yogurt and Berry Parfait 49 3. WG Bagel w/Cream Cheese 28. Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/8 1. Sausage, Egg and Cheese on a WG Muffin w/Tater Tots 49.5 2. Yogurt and Berry Parfait 49 3. Apple Cinnamon French Toast 36. Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/9 1. Ham, Egg, and Cheese on a Croissant w/Hash Brown 41 2. Yogurt and Berry Parfait 49 3. WG Assorted Muffin 45. Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/10 1. WG Breakfast Sausage Pizza 27 2. Yogurt and Berry Parfait 49 3. Iced Cinnamon Bun 38 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/13 1. Ham, Egg, and Cheese on a Bagel w/Tater Tots 41 2. Yogurt and Berry Parfait 49 3. Chocolate Filled Crescent. Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/14 1. Sausage, Egg, and Cheese on a Muffin w/Hash Brown 48.5 2. Donut and Berry Parfait 45 3. WG Bagel w/Cream Cheese 28. Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/15 1. Chicken Biscuit Sandwich w/Tater Tots 48 2. Yogurt and Berry Parfait 49 3. Breakfast Smoothie 22.5. Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/16 1. Bacon, Egg, and Cheese on a WG French Toast W/Hash Brown 38.5 2. Donut and Berry Parfait 45 3. WG Assorted Muffin 45. Sides: 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 49 3. Iced Cinnamon Bun 38 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/20 1. Bacon, Egg and Cheese on a Bagel w/Tater Tots 40 2. Yogurt and Berry Parfait 49 3. Chocolate Filled Crescent 37. Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/21 1. Donut Ham and Cheese Sandwich w/Hash Brown 46 2. Donut and Berry Parfait 45 3. WG Bagel w/Cream Cheese 28. Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/22 1. Sausage, Egg and Cheese on a WG Muffin w/Tater Tots 49.5 2. Yogurt and Berry Parfait 49 3. Breakfast Smoothie 22.5 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/23 1. Ham, Egg, and Cheese on a Croissant w/Hash Brown 41 2. Donut and Berry Parfait 45 3. WG Assorted Muffin 45. Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/24 1. WG Breakfast Sausage Pizza 27 2. Yogurt and Berry Parfait 49 3. Iced Cinnamon Bun 38 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/27 1. Ham, Egg, and Cheese on a Bagel w/Tater Tots 41 2. Yogurt and Berry Parfait 49 3. Chocolate Filled Crescent. Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/28 1. Sausage, Egg, and Cheese on a Muffin w/Hash Brown 48.5 2. Donut and Berry Parfait 45 3. WG Bagel w/Cream Cheese 28. Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/29 1. Chicken Biscuit Sandwich w/Tater Tots 48 2. Yogurt and Berry Parfait 49 3. Breakfast Smoothie 22.5. Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/30 1. Bacon, Egg, and Cheese on a WG French Toast W/Hash Brown 38.5 2. Donut and Berry Parfait 45 3. WG Assorted Muffin 45. Sides: Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/31 1. WG Breakfast Bacon Pizza 22 2. Yogurt and Berry Parfait 49 3. Iced Cinnamon Bun 38 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
4/3 1. Bacon, Egg and Cheese on a Bagel w/Tater Tots 40 2. Yogurt and Berry Parfait 49 3. Chocolate Filled Crescent 37. Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	4/4 1. Donut Ham and Cheese Sandwich w/Hash Brown 46 2. Donut and Berry Parfait 45 3. WG Bagel w/Cream Cheese 28. Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	4/5 1. Sausage, Egg and Cheese on a WG Muffin w/Tater Tots 49.5 2. Yogurt and Berry Parfait 49 3. Breakfast Smoothie 22.5. Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	4/6 1. Ham, Egg, and Cheese on a Croissant w/Hash Brown 41 2. Donut and Berry Parfait 45 3. WG Assorted Muffin 45. 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. Yogurt and Berry Parfait 49 3. Iced Cinnamon Bun 38 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

Assorted Cereal Bars 32 w/String Cheese 1