

Gettysburg Area School District High School			January 2024 Breakfast Carb Counts	
Monday	Tuesday	Wednesday	Thursday	Friday
No School	1/2 1. Sausage, Egg, and Cheese on a Croissant 28 2. WG Bagel w/Cream Cheese 38 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/3 1. Chicken Biscuit Sandwich 34 2. Yogurt and Berry Parfait 49 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/4 1. Bacon, Egg, and Cheese on a WG French Toast 27 . 2. WG Iced Cinnamon Bun 38 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/5 1. WG Breakfast Bacon Pizza 27 2. WG French Toast Sticks w/SF Syrup 29.5 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
1/8 1. Bacon, Egg, and Cheese on a WG Bagel 26 2. WG Mini Cini Pastry 40 . Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/9 1. Breakfast Burrito 34 2. WG Chocolate Chip French Toast 38 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/10 1. Egg, and Cheese on a WG Bagel 26 2. Assorted Breakfast Bars 30-35 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/11 1. Ham, Egg and Cheese on a Croissant 27 2. Yogurt and Berry Parfait 49 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/12 1. WG Breakfast Sausage Pizza 27 2. WG Stuffed Has Brown (2) 48 . Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
No School	1/16 1. Sausage, Egg, and Cheese on a Croissant 28 2. WG Bagel w/Cream Cheese 38 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/17 1. Chicken Biscuit Sandwich 34 2. Yogurt and Berry Parfait 49 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/18 1. Bacon, Egg, and Cheese on a WG French Toast 27 . 2. WG Iced Cinnamon Bun 38 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/19 1. WG Breakfast Bacon Pizza 27 2. WG French Toast Sticks w/SF Syrup 29.5 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
1/22 1. Bacon, Egg, and Cheese on a WG Bagel 26 2. WG Mini Cini Pastry 40 . Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/23 1. Breakfast Burrito 34 2. WG Chocolate Chip French Toast 38 . Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/24 1. Egg, and Cheese on a WG Bagel 26 2. Assorted Breakfast Bars 30-35 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/25 1. Ham, Egg and Cheese on a Croissant 27 2. Yogurt and Berry Parfait 49 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/26 1. WG Breakfast Sausage Pizza 27 2. WG Stuffed Has Brown (2) 48 . Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
1/29 1. Ham, Egg, and Cheese on a WG Bagel 27 2. WG Mini Cini Pastry 40 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/30 1. Sausage, Egg, and Cheese on a Croissant 28 2. WG Bagel w/Cream Cheese 38 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/31 1. Chicken Biscuit Sandwich 34 2. Yogurt and Berry Parfait 49 Sides: Chilled Fruit, 15 100% Fruit juice, 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**
 Individual Yogurt and Graham Crackers **29.3**