

**Gettysburg Area School District
Elementary School**

**March 2023
Lunch Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3/6 1. Breaded Chicken Sandwich 43 2. Cheese Pizza 37 3. Beef Hot Dog 28 Sides: Oven Baked Fries 10, Baby Carrots w/Ranch Dressing 8, Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/7 1. Beef Nacho Supreme 30 2. Cheese Bites (4) 29 w/Marinara Sauce 10 3. Turkey Ham and Turkey Chef Salad w/Dressing 8 Sides: Steamed Broccoli 3 BBQ Baked Beans 37, Chilled Fruit 15, Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/8 1. Chicken and Mashed Potato Bowl w/Dinner Roll 57. 2. Mini Corn Nuggets 35. 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Oven Baked Smile Fries 22, Healthy Green Salad w/ Dressing 7, Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/9 1. Breakfast for Lunch – Waffles w/ Bacon 54 2. Turkey and Cheese on a Pretzel Roll 33 3. Popcorn Chicken Salad 26 w/Goldfish Sides: Oven Baked Tater Tots 14, Broccoli Florets w/Ranch Dressing 3, Chilled Fruit 15, Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/10 1. Spaghetti and Meat Sauce w/Roma Bread Stick 54 2. Cheese Pizza 37 3. Tuna Melt 32 Sides: Steamed Carrots and Peas 6, Caesar Side Salad 7, Chilled Fruit 15, Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>
<p>3/13 1. Toasted Cheese Sandwich w/Tomato Soup 24. 2. Cheese Pizza 37 3. Chili Bowl w/Brown Rice 29. Sides: Oven Baked Sweet Fries 34, Cucumber Coins/Ranch Dressing 3. Sides: Chilled Fruit, 15 100% Fruit juice, 15, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/14 1. Chicken Tender Tacos 50 2. Cheesy Breadsticks (2) 32 w/Marinara Sauce 10 3. Turkey Ham and Turkey Chef Salad w/Dressing 8 Sides: Steamed Green Beans 3, BBQ Baked Beans 37, Chilled Fruit 15, Fresh Whole Fruit 24, Pear and Cranberry Crisp 37, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/15 1. Warrior Mac and Cheese w/Dinner Roll 25 2. Meatball Sub 39 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Assorted Steamed Vegetables 6, Oven Baked Smile Fries 22, Chilled Fruit, 15 100% Fruit juice, 15. 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/16 1. Breakfast for Lunch – French Toast w/Sausage 65.6. 2. Meat Lover’s Stromboli 32 3. Chicken Ranch Salad 16 Sides: Oven Baked Hash Brown 14, Roasted Cauliflower 2.6, Chilled Fruit 15, Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/17 Early Dismissal 1. General Tso’s Chicken W/Brown Rice 42 2. Cheese Pizza 37 3. Fish and Fry Combo 44 Sides: Orange Glazed Carrots 11, Tossed Salad with Dressing 3, Chilled Fruit 15, Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>
<p>3/20 1. Hamburger 29 or Cheeseburger 30 2. Cheese Pizza 37 3. Beef Hot Dog 28 Sides: Oven Baked Fries 10, Baby Carrots w/Ranch Dressing 3. Chilled Fruit 15, Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/21 1. Salisbury Steak w/Dinner Roll 32 2. Pizza Cheese Bites (4) 28 w/Marinara Sauce 10 3. Turkey Ham and Turkey Chef Salad w/Dressing 8 Sides: Roasted Brussel Sprouts 2.6, BBQ Baked Beans 37, Chilled Fruit 15, Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/22 1. Pizza Crunchers w/Marinara Sauce 51 2. Chicken Nuggets w/BBQ Sauce and Dinner Roll 53 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Baked BBQ Beans 37, Oven Baked Smile Fries 22, Chilled Fruit, 15 100% Fruit juice, 15, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/23 1. Breakfast for Lunch – Waffles w/ Bacon 54 2. Turkey Ham and Cheese Sub 28.5 3. Popcorn Chicken Salad 26 w/Goldfish. Sides: Oven Baked Tater Tots 14, Broccoli Florets w/Ranch Dressing 3, Chilled Fruit 15, Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/24 1. Spaghetti and Meat Sauce w/Roma Breadstick 54 2. Cheese Pizza 37 3. Tuna Melt 32 Sides: Steamed Carrots and Peas 6, Caesar Side Salad 6, Chilled Fruit 15, Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>
<p>3/27 1. Grilled Chicken Sandwich 31 2. Warrior Burger 38 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Oven Baked Sweet Potato Fries 34, Cucumber Coins w/Ranch Dressing 3, Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/28 1. Taco Tuesday – Beef Soft-42 or Beef Hard-Shell 24. Chicken Soft Shell 37, Chicken Hard Shells 24 2. Cheesy Pizza 37 3. Turkey Ham and Turkey Chef Salad w/Dressing 8 Sides: Steamed Green Beans 3, BBQ Baked Beans 37, Chilled Fruit 15, Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/29 1. Cheese Filled Breadsticks (2) w/Marinara Dipping Sauce 39. 2. Warrior Mac and Cheese w/Dinner Roll 25. 3. Chili Bowl w/Brown Rice 29. Sides: Oven Baked Smile Fries 22, Healthy Green Salad w/Dressing, 7 Chilled Fruit, 15 100% Fruit juice, 15. 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/30 1. Breakfast for Lunch – French Toast w/Sausage 65.6. 2. Turkey and Cheese Sub 28.5 3. Chicken Ranch Salad 16 Sides: Oven Baked Hash Brown 14, Roasted Cauliflower 2.6, Chilled Fruit 15, Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/31 1. Turkey Ham and Cheese on a Pretzel Roll 32.5 2. Cheese Pizza 37 3. Fish and Fry Combo 44 Sides: Oven Roasted Potatoes 18, Tossed Salad w/Dressing 3, Chilled Fruit 15, Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>

Daily Alternate Lunch Meals: PB&J: 26