

**Gettysburg Area School District  
High School**

**March 2023  
Lunch Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2/27</b> 1. Rodeo Sandwich <b>47</b> 2. Italian Sausage Pizza <b>42</b> 3. Carolina Chicken Sandwich <b>30.2. Sides:</b> Oven Baked Fries <b>10</b> , Baby Carrots w/Ranch Dressing <b>8</b> , Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>2/28</b> 1. Beef Nacho Supreme w/Steamed Brown Rice <b>52.5</b> 2. Buffalo Chicken Pizza <b>42</b> 3. Toasted Ham and Cheese w/Soup of the Day <b>42. Sides:</b> Refried Beans w/Cheddar Cheese <b>35</b> , Broccoli Florets w/Ranch Dressing <b>3</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/1</b> 1. Mac and Cheese Chicken Nugget Bowl <b>44</b> 2. Stuffed Crust Pizza <b>34</b> 3. Philly Cheesesteak <b>49. Sides:</b> Healthy Green Salad, <b>7</b> , Fresh Steamed Broccoli <b>2</b> , Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/2</b> 1. Breakfast for Lunch – WG Waffles, Bacon, and Hash Brown <b>54</b> 2. Pepperoni Bread <b>26. 3. Chicken Gyro 42. Sides:</b> Roasted Potatoes <b>13</b> , Cucumber Coins w/Ranch Dressing <b>3</b> , Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/3 <u>Early Dismissal</u></b> 1. Turkey and Cheese Sub <b>39</b> 2. Ham and Cheese Sub <b>36</b> 3. PB&J Uncrustable <b>57 Sides:</b> Steamed Carrots <b>7</b> , Tossed Side Salad <b>3</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>
<b>3/6</b> 1. Toasted Triple Cheese Sandwich w/Tomato Soup Sandwich <b>54. 2. French Bread Pizza 47. 3. Turkey Reuben 38. Sides:</b> Oven Baked Fries <b>10</b> , Celery Sticks w/Ranch Dressing <b>10</b> , Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/7</b> 1. Soft Shell Beef Tacos w/Steamed Brown Rice <b>48.25. 2. Meatball Pizza 47. 3. BBQ Pork Sandwich 36. Sides:</b> Steamed Green Beans <b>3</b> , Red and Green Pepper Strips w/Ranch Dressing <b>3</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b> .	<b>3/8</b> 1. General Tso’s Chicken W/Brown Rice <b>42</b> 2. Beef Taco Pizza <b>45</b> 3. Tuna Melt <b>45. Sides:</b> Assorted Steamed Vegetables <b>6</b> , Healthy Green Salad <b>7</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/9</b> 1. Breakfast for Lunch – WG French Toast Sticks, Sausage, and Tater Tots <b>65.6. 2. Veggie Pizza 41. 3. Steak Twister Wrap 45. Sides:</b> Orange Glazed Carrots <b>11</b> , Marinated Tomato-Cucumber Salad <b>5</b> , Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/10</b> 1. Pasta w/Alfredo <b>56</b> and Marinara Sauces <b>57</b> w/ Breadstick 2. Meat Lover’s Stromboli <b>32. 3. Fish and Fry 59. Sides:</b> Steamed Carrots <b>7</b> , Spring Salad <b>5</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>
<b>3/13</b> 1. Meatball Sub <b>47</b> 2. Italian Sausage Pizza <b>42. 3. Carolina Chicken Sandwich 37. Sides:</b> Oven Baked Fries <b>10</b> , Baby Carrots w/Ranch Dressing <b>8</b> , Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/14</b> 1. Walking Tacos w/Steamed Brown Rice <b>44</b> 2. Buffalo Chicken Pizza <b>42</b> 3. Toasted Ham and Cheese w/Soup of the Day <b>42. Sides:</b> BBQ Baked Beans <b>37</b> , Broccoli Florets w/Ranch Dressing <b>3</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b> .	<b>3/15</b> 1. Chicken and Mashed Potato Bowl w/Dinner Roll <b>53. 2. Stuffed Crust Pizza 34. 3. Philly Cheesesteak 49. Sides:</b> Oven Baked Fries <b>10</b> , Seasoned Broccoli and Corn Medley <b>10</b> , Healthy Green Salad <b>7</b> , Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/16</b> 1. Breakfast for Lunch – WG Belgium Waffles, Bacon, and Hash Brown <b>54. Pepperoni Bread 26. 3. Chicken Gyro 42. Sides:</b> Roasted Potatoes <b>13</b> , Cucumber Coins w/Ranch Dressing <b>3</b> , Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/17 <u>Early Dismissal</u></b> 1. Turkey and Cheese Sub <b>39</b> 2. Ham and Cheese Sub <b>36</b> 3. PB&J Uncrustable <b>57 Sides:</b> Steamed Carrots <b>7</b> , Tossed Side Salad <b>3</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>
<b>3/20</b> 1. Boneless Chicken Wing Bar w/Fried Rice <b>53.5. 2. French Bread Pizza 47. 3. Warrior Cheeseburger 32. Sides:</b> Oven Baked Fries <b>10</b> , Carrot and Celery Sticks w/Ranch Dressing <b>10</b> , Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/21</b> 1. Soft Shell Beef <b>48.25</b> or Chicken Tacos <b>48.25</b> w/Brown Rice 2. Meatball Pizza <b>47</b> 3. BBQ Pork Sandwich <b>36. Sides:</b> Steamed Green Beans <b>3</b> , Red and Green Pepper Strips w/Ranch Dressing <b>3</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/22</b> 1. Chicken Pot Pie w/Bowtie Pasta <b>52. 2. Chicken Alfredo Pizza 32. 3. Tuna Melt on Ciabatta 45. Sides:</b> Assorted Steamed Vegetables <b>6</b> , Healthy Green Salad, <b>7</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/23</b> 1. Breakfast for Lunch – WG French Toast Sticks, Sausage, and Tater Tots <b>65.6. 2. Veggie Pizza 41. 3. Steak Twister Wrap 45. Sides:</b> Roasted Brussel Sprouts <b>2.6</b> , Marinated Tomato-Cucumber Salad <b>5</b> , Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/24</b> 1. Pasta w/Meatballs and Marinara Sauces served with Breadstick <b>57</b> 2. Meat Lover’s Stromboli <b>32. Fish and Fry Combo 59. Sides:</b> Oven Baked Sweet Potato Fries <b>34</b> , Spinach and Cranberry Salad <b>5</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>
<b>3/27</b> 1. Rodeo Sandwich <b>47</b> 2. Pepperoni Pizza <b>42</b> 3. Carolina Chicken Sandwich <b>30.2. Sides:</b> Oven Baked Fries <b>10</b> , Baby Carrots w/Ranch Dressing <b>8</b> , Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/28</b> 1. Buffalo Chicken Nacho w/Steamed Brown Rice <b>52.5</b> 2. Stuffed Crust Pizza <b>34</b> 3. Toasted Ham and Cheese w/Soup of the Day <b>42. Sides:</b> Refried Beans w/Cheddar Cheese <b>35</b> , Broccoli Florets w/Ranch Dressing <b>3</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/29</b> 1. Mac and Cheese Chicken Nugget Bowl <b>44</b> 2. Pepperoni Pizza <b>42</b> 3. Philly Cheesesteak <b>49. Sides:</b> Healthy Green Salad, <b>7</b> , Fresh Steamed Broccoli <b>2</b> , Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/30</b> 1. Breakfast for Lunch – WG Waffles, Bacon, and Hash Brown <b>54</b> 2. Buffalo Chicken Pizza <b>42. Chicken Gyro 42. Sides:</b> Roasted Potatoes <b>13</b> , Cucumber Coins w/Ranch Dressing <b>3</b> , Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>3/31</b> 1. Cheese Ravioli w/Marinara Sauce served with Breadstick <b>47</b> 2. Meat Lover’s Pizza <b>40</b> 3. Fish and Fry Combo <b>59. Sides:</b> Steamed Carrots <b>7</b> , Tossed Side Salad <b>3</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>

**Daily Alternate Lunch Meals: PB&J Uncrustables 57, Subs: 28.5 – 46 /Wraps: 38 – 43 /Salads: 9-19**