

| Gettysburg Area School District Middle School | | | January 2024 Lunch Carb Counts | |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
| No School | 1/2 1. Chicken Tenders w/Gold Fish Crackers 42 2. French Bread Pizza 47 3. Corn Dog Nuggets 35 Sides: Steamed Corn 16 , BBQ Baked Beans 37 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 1/3 1. Salisbury Steak w/Brown Gray 29 1. 2. Assorted Pizzas 42-44 3. 3. BBQ Pork Sandwich 36 Sides: Mashed Potatoes 16 , Roasted Asparagus 2.5 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 1/4 1. Waffles w/Syrup and Bacon 54 2. Pepperoni Bread w/Sauce 31 3. Beef Hot Dog 28 Sides: Oven Baked Hash Brown 14 , Cucumber Coins w/Ranch Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc , Milk 24 | 1/5 1. Breaded Chicken Sandwich 43 2. Meat lover's Stromboli 32 3. Cheesesteak Sub 49 Sides: Steamed Carrots 7 , Tossed Side Salad 2 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 %, Milk 12 , 1 % Choc Milk 24 |
| 1/8 1. Spicy Chicken Sandwich 30.2 2. Italian Dunkers w/Sauce 44 3. Warrior Cheeseburger 38 Sides: Oven Baked Fries 10 , Celery Sticks w/Ranch Dressing 10 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 1/9 1. Walking Tacos w/Steamed Brown Rice 66.5 2. Assorted Pizzas 42-44 44. 3. Turkey and Cheese Croissant 39 . Sides: Steamed Corn 16 , Red and Green Pepper Strips w/Ranch Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 1/10 1. Toasted Cheese Sandwich 38 2. Stuffed Crust Pizza 34 3. Chicken Tenders w/Dinner Roll 28 . Sides: Tomato Soup 16 , Spring Salad 2 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 %, Milk 12 , 1 % Choc Milk 24 | 1/11 1. French Toast w/Sausage 65.5 . 2. Pizza Crunchers w/Sauce 51 . 3. Fish Sticks (3) w/Dinner Roll 55 . Sides: Oven, Baked Tater Tots 14 , Cucumber Coins w/Ranch Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc , Milk 24 | 1/12 1. Warrior Mac & Cheese 40 2. Meat lover's Stromboli 32 3. Beef Hot Dog 28 Sides: Steamed Carrots 7 , Spring Salad 2 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 %, Milk 12 , 1 % Choc Milk 24 |
| No School | 1/16 1. Crispy Golden Chicken Nuggets (5) w/Sweet Mustard Sauce 16 2. Assorted Pizzas 42-44 3. BBQ Chicken Tender Wrap. Sides: Oven Baked Ranch Fries 12 , BBQ Baked Beans 37 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 1/17 1. Chicken and Mashed Potato Bowl 32 2. Stuffed Crust Pizza 34 3. Cheesesteak Sub 49 Sides: Steamed Corn 16 , Spring Mix Salad 2 , Chilled Fruit, 15 , 100% Fruit juice, 15 1 %, Milk 12 , 1 % Choc Milk 24 | 1/18 1. Homestyle Baked Ziti 2. Meat lover's Stromboli 32 3. Breaded Chicken Sandwich 43 Sides: Steamed Green Beans 3 , Fresh Baby Carrots w/Ranch Dressing 8 , Seasoned Corn 16 , Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 1/19 1. Ham and Cheese Pretzel Melt 38 2. Assorted Pizzas 42-44 3. Fish Sticks (3) w/Dinner Roll 55 . Sides: Cheesy Mashed Potatoes 19 , Steamed Carrots 7 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1 % Choc Milk 24 |
| 1/22 1. Triple Play Meal: 68 2. French Bread Pizza 47 3. Warrior Cheeseburger 38 . Sides: Oven Baked Fries 10 , Carrot and Celery Sticks w/Ranch Dressing 10 , Chilled Fruit, 15 100% Fruit juice, 15 1% Milk 12 , 1 % Choc Milk 24 | 1/23 1. Nacho Bowl w/Steamed Brown Rice 52 2. Italian Dunkers w/Sauce 44 . 3. Beef Hot Dog 28 Sides: Steamed Corn 16 , Red and Green Pepper Strips w/Ranch Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 1/24 1. Spaghetti and Meatballs 2. Assorted Pizzas 45 3. Popcorn Chicken w/Goldfish Crackers 32 Sides: Assorted Steamed Veggies 6 , Healthy Green Salad 2 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 %, Milk 12 , 1 % Choc Milk | 1/25 1. Chili in a Bread Bowl 77 2. Pizza Crunchers w/Sauce 51 3. BBQ Pulled Pork 36 Sides: Roasted Brussel Sprouts 10 , Cucumber Coins w/Ranch Dressing 3 , Whole Fruit 24 , 1 % Milk 12 , 1 % Choc , Milk 24 | 1/26 1. Carolina Chicken Sandwich 37 2. Corn Dog Nuggets 35 3. Assorted Pizzas 45 . Sides: Oven Baked Sweet Potato Fries 34 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 %, Milk 12 , 1 % Choc Milk 24 |
| 1/29 1. Chicken Alfredo 46 w/Breadstick 30.2 2. Assorted Pizzas 45 3. Chicken Tenders w/Goldfish 32 . Sides: Oven Baked Fries 10 , Fresh Baby Carrots w/Ranch Dressing 8 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 1/30 1. Walking Tacos w/Steamed Brown Rice 66.5 2. Cheesy Breadsticks (2) w/Sauce 37 44. 3. Cheesesteak Sub 49 Sides: Steamed Corn 16 , Refried Beans w/Cheddar Cheese 35 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 1/31 1. General Tso's Chicken w/Steamed Rice 42 2. Assorted Pizzas 45 3. BBQ Pulled Pork Sandwich 36 Sides: Steamed Broccoli 2 , Fresh Pepper Strips w/Ranch Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 %, Milk 12 , 1 % Choc Milk | | |

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