

**Gettysburg Area School District
Middle School**

**March 2023
Lunch Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
2/27 1. Rodeo Sandwich 47 2. Italian Sausage Pizza 42 3. Carolina Chicken Sandwich 30.2 . 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	2/28 1. Beef Nacho Supreme w/Steamed Brown Rice 52.5 2. Buffalo Chicken Pizza 42 3. Toasted Ham and Cheese w/Soup of the Day 42 . Sides: Refried Beans w/Cheddar Cheese 35 , Broccoli Florets w/Ranch Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/1 1. Mac and Cheese Chicken Nugget Bowl 44 2. Pepperoni Pizza 42 3. Philly Cheesesteak 49 . Sides: Healthy Green Salad, 7 , Fresh Steamed Broccoli 2 , Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/2 1. Breakfast for Lunch – WG Waffles, Bacon, and Hash Brown 54 2. Buffalo Chicken Pizza 42 . 3. Chicken Gyro 42 . Sides: Roasted Potatoes 13 , Cucumber Coins w/Ranch Dressing 3 , Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/3 <u>Early Dismissal</u> 1. Warrior Chicken Sandwich 39 2. Cheese Pizza 40 and Pepperoni Pizza 42 3. Fish and Fry 59 Sides: Steamed Carrots 7 , Tossed Side Salad 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/6 1. Toasted Triple Cheese Sandwich w/Tomato Soup Sandwich 54 . 2. Pepperoni Pizza 42 . 3. Turkey Reuben 38 . Sides: Oven Baked Fries 10 , Celery Sticks w/Ranch Dressing 10 , Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/7 1. Soft Shell Beef Tacos w/Steamed Brown Rice 48 . 2. Buffalo Chicken Pizza 42 . 3. BBQ Pork Sandwich 36 . Sides: Steamed Green Beans 3 , Red and Green Pepper Strips w/Ranch Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 .	3/8 1. General Tso’s Chicken W/Brown Rice 42 2. Pepperoni Pizza 42 3. Tuna Melt 45 . Sides: Assorted Steamed Vegetables 6 , Healthy Green Salad 7 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/9 1. Breakfast for Lunch – WG French Toast Sticks, Sausage, and Tater Tots 65.6 . Buffalo Chicken Pizza 42 . 3. Steak Twister Wrap 45 . Sides: Orange Glazed Carrots 11 , Marinated Tomato-Cucumber Salad 5 , Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/10 1. Pasta w/Alfredo 56 and Marinara Sauces 57 w/ Breadstick 2. Meat Lover’s Stromboli 32 . 3. Fish and Fry 59 . Sides: Steamed Carrots 7 , Spring Salad 5 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/13 1. Meatball Sub 47 2. Pepperoni Pizza 42 . 3. Carolina Chicken Sandwich 37 . 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	3/14 1. Walking Tacos w/Steamed Brown Rice 44 2. Buffalo Chicken Pizza 42 3. Toasted Ham and Cheese w/Soup of the Day 42 . Sides: BBQ Baked Beans 37 , Broccoli Florets w/Ranch Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 .	3/15 1. Oven Fried Chicken w/Dinner Roll 32 . 2. Pepperoni Pizza 42 . 3. Philly Cheesesteak 49 . Sides: Oven Baked Fries 10 , Seasoned Broccoli and Corn Medley 10 , Healthy Green Salad 7 , Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/16 1. Breakfast for Lunch – WG Belgium Waffles, Bacon, and Hash Brown 54 . Buffalo Chicken Pizza 42 . 3. Chicken Gyro 42 . Sides: Roasted Potatoes 13 , Cucumber Coins w/Ranch Dressing 3 , Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/17 <u>Early Dismissal</u> 1. Warrior Chicken Sandwich 39 2. Turkey Ham and Cheese Pretzel Sandwich 36 3. PB&J Uncrustable 57 Sides: Steamed Carrots 7 , Tossed Side Salad 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/20 1. Boneless Chicken Wing Bar w/Fried Rice 53.5 . 2. Pepperoni Pizza 42 . 3. Warrior Cheeseburger 32 . 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	3/21 1. Soft Shell Beef 48.25 or Chicken Tacos 48.25 w/Brown Rice 2. Buffalo Chicken Pizza 42 3. BBQ Pork Sandwich 36 . Sides: Steamed Green Beans 3 , Red and Green Pepper Strips w/Ranch Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/22 1. Chicken Pot Pie w/Bowtie Pasta 52 . 2. Pepperoni Pizza 42 . 3. Tuna Melt on Ciabatta 45 . Sides: Assorted Steamed Vegetables 6 , Healthy Green Salad, 7 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/23 1. Breakfast for Lunch – WG French Toast Sticks, Sausage, and Tater Tots 65.6 . 2. Buffalo Chicken Pizza 42 . 3. Steak Twister Wrap 45 . Sides: Roasted Brussel Sprouts 2.6 , Marinated Tomato-Cucumber Salad 5 , Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/24 1. Pasta w/Meatballs and Marinara Sauces served with Breadstick 57 2. Meat Lover’s Stromboli 32 . Fish and Fry Combo 59 . Sides: Oven Baked Sweet Potato Fries 34 , Spinach and Cranberry Salad 5 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/27 1. Rodeo Sandwich 47 2. Pepperoni Pizza 42 3. Carolina Chicken Sandwich 30.2 . 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	3/28 1. Buffalo Chicken Nacho w/Steamed Brown Rice 52.5 2. Home-made Pizza 31.5 3. Toasted Ham and Cheese w/Soup of the Day 42 . Sides: Refried Beans w/Cheddar Cheese 35 , Broccoli Florets w/Ranch Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/29 1. Mac and Cheese Chicken Nugget Bowl 44 2. Pepperoni Pizza 42 3. Philly Cheesesteak 49 . Sides: Healthy Green Salad, 7 , Fresh Steamed Broccoli 2 , Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/30 1. Breakfast for Lunch – WG Waffles, Bacon, and Hash Brown 54 2. Buffalo Chicken Pizza 42 . Chicken Gyro 42 . Sides: Roasted Potatoes 13 , Cucumber Coins w/Ranch Dressing 3 , Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/31 1. Cheese Ravioli w/Marinara Sauce served with Breadstick 47 2. Meat Lover’s Pizza 40 3. Fish and Fry Combo 59 . Sides: Steamed Carrots 7 , Tossed Side Salad 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24

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