

Gettysburg Area School District VIDA Charter School			January 2024 Breakfast Carb Counts	
Monday	Tuesday	Wednesday	Thursday	Friday
<b>No School</b>	<b>1/2</b> 1. WG Mini Chocolate Chip French Toast <b>38</b> 2. Mini Cini WG Breakfast Pastry <b>40</b> <b>Sides:</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>1/3</b> 1. WG Maple Waffles <b>39</b> w/SF Syrup <b>8</b> 2. Mini Strawberry Cream Cheese Bagel <b>28</b> <b>Sides:</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>1/4</b> 1. Sausage, Egg, and Cheese on a WG Muffin <b>34.5</b> 2. WG Blueberry Bash Waffles <b>15</b> <b>Sides:</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>1/5</b> 1. WG Breakfast Bacon Pizza <b>22</b> 2. Individual Yogurt <b>5.3</b> and Graham Crackers <b>21</b> <b>Sides:</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>1/8</b> 1. WG Pancake Puffs <b>37</b> 2. WG Blueberry Muffin <b>45</b> <b>Sides:</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>1/9</b> 1. Bacon, Egg and Cheese on a WG Bagel <b>26</b> 2. Individual Yogurt <b>5.3</b> and Graham Crackers <b>21</b> <b>Sides:</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>1/10</b> 1. WG Pancakes w/SF Syrup <b>38</b> 2. Assorted Breakfast Frudels <b>36</b> <b>Sides:</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>1/11</b> 1. WG Iced Cinnamon Bun <b>38</b> 2. WG Blueberry Bash Waffles <b>15</b> <b>Sides:</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>No School</b>
<b>No School</b>	<b>1/16</b> 1. WG Mini Chocolate Chip French Toast <b>38</b> 2. Mini Cini WG Breakfast Pastry <b>40</b> <b>Sides:</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>1/17</b> 1. WG Maple Waffles <b>39</b> w/SF Syrup <b>8</b> 2. Mini Strawberry Cream Cheese Bagel <b>28</b> <b>Sides:</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>1/18</b> 1. Sausage, Egg, and Cheese on a WG Muffin <b>34.5</b> 2. WG Blueberry Bash Waffles <b>15</b> <b>Sides:</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>1/19</b> 1. WG Breakfast Bacon Pizza <b>22</b> 2. Individual Yogurt <b>5.3</b> and Graham Crackers <b>21</b> <b>Sides:</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>1/22</b> 1. WG Pancake Puffs <b>37</b> 2. WG Blueberry Muffin <b>45</b> <b>Sides:</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>1/23</b> 1. Bacon, Egg and Cheese on a WG Bagel <b>26</b> 2. Individual Yogurt <b>5.3</b> and Graham Crackers <b>21</b> <b>Sides:</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>1/24</b> 1. WG Pancakes w/SF Syrup <b>38</b> 2. Assorted Breakfast Frudels <b>36</b> <b>Sides:</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>1/25</b> 1. WG Iced Cinnamon Bun <b>38</b> 2. WG Blueberry Bash Waffles <b>15</b> <b>Sides:</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>1/26</b> 1. WG Sausage Pizza Bacon Pizza <b>27</b> 2. WG Bagel w/Cream Cheese <b>28</b> <b>Sides:</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>1/29</b> 1. WG French Toast Sticks w/SF Syrup <b>39.25</b> 2. Individual Yogurt <b>5.3</b> and Graham Crackers <b>21</b> <b>Sides:</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>1/30</b> 1. WG Mini Chocolate Chip French Toast <b>38</b> 2. Mini Cini WG Breakfast Pastry <b>40</b> <b>Sides:</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>1/31</b> 1. WG Maple Waffles <b>39</b> w/SF Syrup <b>8</b> 2. Mini Strawberry Cream Cheese Bagel <b>28</b> Fruit, <b>15</b> 100% Fruit juice, <b>15</b> 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>		

**Daily Alternate Breakfast Meals: Assorted Low Sugar Cereal **25** w/String Cheese **1****

**\*All Breakfast Meats are made from Turkey Products**