

Gettysburg Area School District VIDA Charter School			January 2024 Lunch Carb Counts	
Monday	Tuesday	Wednesday	Thursday	Friday
No School	1/2 1. Chicken Nuggets w/Dinner Roll or WG Goldfish Crackers 50 . 2. Cheesy Breadsticks (2) w/Sauce 42 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Steamed Green Beans 3 , BBQ Baked Beans 37 . Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/3 1. Warrior Mac and Cheese and Dinner Roll 35 2. Meatball Sub 39 3. Turkey Chef Salad w/Dressing 8 Sides: Seasoned Corn 16 , Fresh Baby Carrots w/Ranch Dressing 8 , Chilled Fruit, 15 100% Fruit juice, 15 , 1 % Milk 12 , 1 % Choc Milk 24	1/4 1. French Toast w/SF Syrup and Turkey Sausage 65.6 2. Wild Mike Bites w/Marinara Sauce 33 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. Hamburger 29 or Cheeseburger 30 2. WG Cheese Pizza 37 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Oven Baked Fries 10 , Tossed Side Salad w/Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
1/8 1. Breaded Chicken Sandwich 43 2. Italian Dunkers w/Marinara Sauce 34 3. Chicken Ranch Salad w/Dressing 17 . Sides: Oven Baked Sweet Potato Fries 34 , Fresh Celery Sticks w/Ranch Dressing 3 , Chilled Fruit, 15 100% Fruit juice, 15 , 1 % Milk 12 , 1 % Choc Milk 24	1/9 1. Walking Tacos (1) 24 2. Popcorn Chicken Salad w/Dinner Roll and Dressing 36 3. Individual Yogurt w/Graham Crackers 29.3 . Sides: Steamed Corn 16 , Fresh Pepper Strips w/Ranch Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/10 1. Cheese Lasagna w/Breadstick 39 . 2. Pizza Crunchers w/Sauce 51 3. Mini Corn Dog Nuggets 35 . Sides: Steamed Green Beans 3 , Tossed Side Salad w/Dressing 3 , Chilled Fruit, 15 100% Fruit juice, 15 , 1 % Milk 12 , 1 % Choc Milk 24	1/11 1. Waffles w/Turkey Bacon 54 2. Turkey Ham and Cheese on a Pretzel Roll 33 3. Popcorn Chicken Salad w/Dressing 26 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	No School
No School	1/16 1. Cheesesteak Sub 35 2. Pizza Crunchers w/Sauce 51 3. Chef Salad w/Dressing 8 Sides: Baked BBQ Beans 37 , Fresh Celery Sticks w/Ranch Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/17 1. General Tso's Chicken w/Steamed Rice 42 2. Wild Mike Bites w/ Sauce 33 . 3. Individual Yogurt w/Graham Crackers 29.3 . Sides: Steamed Corn 16 , Cucumber Coins w/Ranch Dressing 3 , Chilled Fruit, 15 100% Fruit juice, 15 , 1 % Milk 12 , 1 % Choc Milk 24	1/18 1. French Toast w/SF Syrup and Sausage 65.6 2. Chicken Tenders w/Dinner Roll or WG Gold Fish Crackers 28 . 3. Turkey and Cheese Sub 36 . Sides: Oven Baked Hash Brown 14 , Fresh Pepper Strips w/Ranch Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/19 1. Meatball Sub 39 2. WG Cheese Pizza 37 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Oven Baked Fries 10 , Tossed Side Salad w/Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
1/22 1. Hamburger 29 or Cheeseburger 30 2. Pizza Crunchers w/Sauce 51 3. Beef Hot Dog 28 . Sides: Oven Baked Fries 10 , Fresh Baby Carrots w/Ranch Dressing 8 , Chilled Fruit, 15 100% Fruit juice, 15 , 1 % Milk 12 , 1 % Choc Milk 24	1/23 1. Beef Soft Shell- 42 or Beef Hard-Shell 24 . Chicken Soft Shell 37 , Chicken Hard Shells 24 2. Chicken Nuggets w/WG Gold Fish Crackers 52 3. Turkey and Cheese Sub 36 . Sides: Steamed Corn 16 , Celery Sticks w/Ranch Dressing 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/24 1. Toasted Cheese Sandwich 51 2. Mini Corn Dog Nuggets 35 . 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Tomato Soup 24 Healthy Green Salad w/Dressing 3 , Chilled Fruit, 15 100% Fruit juice, 15 , 1 % Milk 12 , 1 % Choc Milk 24	1/25 1. Mexicali Casserole 50 2. Italian Dunkers w/Marinara Sauce 34 3. Popcorn Chicken Salad w/Dressing 26 Sides: Steamed Carrots 37 , Fresh Broccoli Florets 8 . Chilled Fruit 2 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/26 1. Spaghetti w/Meat Sauce and /Breadstick 57 2. WG Cheese Pizza 37 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Steamed Broccoli 2 , Caesar Side Salad 6 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
1/29 1. Breaded Chicken Sandwich 43 . 2. Italian Dunkers w/Marinara Sauce 34 3. Individual Yogurt w/Graham Crackers 29.3 . 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	1/30 1. Walking Tacos (1) 24 2. Cheesy Breadsticks (2) w/Sauce 42 3. Turkey Chef Salad w/Dressing 8 Sides: Steamed Corn 16 , Fresh Broccoli Florets 8 . Chilled Fruit 2 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/31 1. Salisbury Steak w/Dinner Roll 32 . 2. Chicken Tenders w/Dinner Roll or WG Gold Fish Crackers 28 . 3. Individual Yogurt w/Graham Crackers 29.3 . Sides: Mashed Potatoes 16 , Cucumber Coins w/Ranch Dressing 3 , Chilled Fruit, 15 100% Fruit juice, 15 , 1 % Milk 12 , 1 % Choc Milk 24		

***All Pork and Ham Products are made w/Low-Sodium Turkey**