

**Gettysburg Area School District  
VIDA Charter School**

**February 2023  
Lunch Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2/6</b> 1. Breaded Chicken Sandwich <b>43</b> 2. Cheese Pizza <b>37</b> 3. Individual Yogurt w/Graham Crackers <b>29.3</b> <b>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 % Choc Milk <b>24</b>	<b>2/7</b> 1. Beef Nacho Supreme <b>30</b> 2. Cheese Bites <b>(4) 29</b> w/Marinara Sauce <b>10</b> 3. Turkey Chef Salad w/Dressing <b>9.3</b> <b>Sides:</b> Steamed Broccoli <b>3</b> BBQ Baked Beans <b>37</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b>	<b>2/8</b> 1. Chicken and Mashed Potato Bowl w/Dinner Roll <b>57</b> . 2. Mini Corn Nuggets <b>35</b> . 3. Individual Yogurt w/Graham Crackers <b>29.3</b> <b>Sides:</b> Assorted Steamed Vegetables <b>6</b> , Healthy Green Salad w/ Dressing <b>7</b> , Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b>	<b>2/9</b> 1. Breakfast for Lunch – Waffles w/ Bacon <b>54</b> 2. Turkey and Cheese on a Pretzel Roll <b>33</b> 3. Popcorn Chicken Salad <b>26</b> w/Goldfish <b>Sides:</b> Oven Baked Tater Tots <b>14</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 % Choc Milk <b>24</b>	<b>2/10</b> 1. Cheese Lasagna <b>(1) w/Roma Bread Stick 33</b> 2. Cheese Pizza <b>37</b> 3. Individual Yogurt w/Graham Crackers <b>29.3</b> <b>Sides:</b> Steamed Carrots and Peas <b>6</b> , Caesar Side Salad <b>7</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b>
<b>2/13</b> 1. Toasted Cheese Sandwich w/Tomato Soup <b>24</b> . 2. Cheese Pizza <b>37</b> 3. Chili Bowl w/Brown Rice <b>29</b> . <b>Sides:</b> Oven Baked Sweet Fries <b>34</b> , Cucumber Coins/Ranch Dressing <b>3</b> . <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> , 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b>	<b>2/14 Valentine's Day</b> 1. Chicken Tender Tacos <b>50</b> 2. Cheesy Breadsticks <b>(2) 32</b> w/Marinara Sauce <b>10</b> 3. Turkey Chef Salad w/Dressing <b>9.3</b> <b>Sides:</b> Steamed Green Beans <b>3</b> , BBQ Baked Beans <b>37</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b> <b>Valentine's Day Cookie served w/meal - 33</b>	<b>2/15</b> 1. Warrior Mac and Cheese w/Dinner Roll <b>25</b> 2. Meatball Sub <b>39</b> 3. Individual Yogurt w/Graham Crackers <b>29.3</b> <b>Sides:</b> Assorted Steamed Vegetables <b>6</b> , Oven Baked Smile Fries <b>22</b> , Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> . 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b>	<b>2/16</b> 1. Breakfast for Lunch – French Toast w/Sausage <b>65.6</b> . 2. Meat Lover's Stromboli <b>32</b> 3. Chicken Ranch Salad <b>16</b> <b>Sides:</b> Oven Baked Hash Brown <b>14</b> , Roasted Cauliflower <b>2.6</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b>	<b>2/17 Early Dismissal</b> 1. General Tso's Chicken W/Brown Rice <b>42</b> 2. Cheese Pizza <b>37</b> 3. Fish Sticks <b>34</b> <b>Sides:</b> Orange Glazed Carrots <b>11</b> , Tossed Salad with Dressing <b>3</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b>
<b>2/20 No School</b> 1. Hamburger <b>29</b> or Cheeseburger <b>30</b> 2. Cheese Pizza <b>37</b> 3. Beef Hot Dog <b>28</b> <b>Sides:</b> Oven Baked Fries <b>10</b> , Baby Carrots w/Ranch Dressing <b>3</b> . Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b>	<b>2/21</b> 1. Chicken Pot Pie <b>41</b> 2. Pizza Cheese Bites <b>(4) 28</b> w/Marinara Sauce <b>10</b> 3. Turkey Chef Salad w/Dressing <b>9.3</b> <b>Sides:</b> Roasted Brussel Sprouts <b>2.6</b> , BBQ Baked Beans <b>37</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b>	<b>2/22</b> 1. Pizza Crunchers w/Marinara Sauce <b>51</b> 2. Chicken Nuggets w/BBQ Sauce <b>53</b> 3. Individual Yogurt w/Graham Crackers <b>29.3</b> <b>Sides:</b> Assorted Steamed Vegetables <b>6</b> , Oven Baked Smile Fries <b>22</b> , Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> , 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b>	<b>2/23</b> 1. Breakfast for Lunch – Waffles w/ Bacon <b>54</b> 2. Turkey and Cheese Sub <b>28.6</b> 3. Popcorn Chicken Salad <b>26</b> w/Goldfish. <b>Sides:</b> Oven Baked Tater Tots <b>14</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 % Choc Milk <b>24</b>	<b>2/24</b> 1. Spaghetti w/Meatballs <b>45</b> w/Roma Breadstick <b>10</b> 2. Cheese Pizza <b>37</b> 3. Tuna Melt <b>31.8</b> <b>Sides:</b> Steamed Carrots and Peas <b>6</b> , Caesar Side Salad <b>6</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b>
<b>2/27</b> 1. Grilled Chicken Sandwich <b>31</b> 2. Cheese Pizza <b>37</b> 3. Individual Yogurt w/Graham Crackers <b>29.3</b> <b>Sides:</b> Oven Baked Sweet Potato Fries <b>34</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 % Choc Milk <b>24</b>	<b>2/28</b> 1. Taco Tuesday – Beef Soft- <b>42</b> or Beef Hard-Shell <b>24</b> . Chicken Soft Shell <b>37</b> , Chicken Hard Shells <b>24</b> 2. Cheesy Breadsticks <b>(2) 32</b> w/Marinara Sauce <b>10</b> 3. Turkey Chef Salad w/Dressing <b>9.3</b> <b>Sides:</b> Steamed Green Beans <b>3</b> , BBQ Baked Beans <b>37</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b>	<b>3/1</b> 1. Cheese Filled Breadsticks <b>(2)</b> w/Marinara Dipping Sauce <b>39</b> . 2. Warrior Mac and Cheese w/Dinner Roll <b>25</b> . 3. Chili Bowl w/Brown Rice <b>29</b> . <b>Sides:</b> Oven Baked Smile Fries <b>22</b> , Healthy Green Salad w/Dressing, <b>7</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> . 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b>	<b>3/2</b> 1. Breakfast for Lunch – French Toast w/Sausage <b>65.6</b> . 2. Turkey and Cheese Sub <b>28.6</b> 3. Chicken Ranch Salad <b>16</b> <b>Sides:</b> Oven Baked Hash Brown <b>14</b> , Roasted Cauliflower <b>2.6</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b>	<b>3/3</b> 1. Turkey Ham and Cheese on a Pretzel Roll <b>32.5</b> 2. Cheese Pizza <b>37</b> 3. Fish and Fry Combo <b>44</b> <b>Sides:</b> Oven Roasted Potatoes <b>18</b> , Tossed Salad w/Dressing <b>3</b> , Chilled Fruit <b>15</b> , Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % Choc Milk <b>24</b>

**Daily Alternate Lunch Meals: PB&J: 26**