

**Gettysburg Area School District  
Vida Charter School**

**January 2025  
Breakfast Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
		1/1  <b>No School</b>	1/2 1. Iced Cinnamon Bun <b>38</b> 2. Berry Blast French Toast <b>37</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>	1/3 1. WG Breakfast Pizza <b>22</b> 2. Bacon, Egg and Cheese Bagel <b>26</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>
1/6 1. Chocolate Donut Holes <b>57</b> 2. Iced Cinnamon Bun <b>38</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>	1/7 1. WG French Toast Sticks <b>29.25</b> & SF Syrup <b>8</b> 2. Apple Churro w/Yogurt <b>32.3</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>	1/8 1. Sausage, Egg and Cheese on a Muffin <b>34.5</b> 2. WG Caramel Mini Cini <b>35</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>	1/9 1. Donut & Berry Parfait <b>37.5</b> 2. Berry Blast French Toast <b>37</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>	1/10 1. WG Breakfast Pizza <b>22</b> 2. WG Bagel w/Cream Cheese <b>28</b> <b>Sides:</b> Chilled Fruit <b>15</b> , 100% Fruit Juice, Milk <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>
1/13 1. Blueberry Parfait <b>41</b> 2. Pancake Puffs <b>37</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>	1/14 1. WG Waffle <b>37</b> w/SF Syrup <b>8</b> 2. Assorted Muffin <b>42</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>	1/15 1. Sausage, Egg and Cheese Croissant <b>28</b> 2. Strawberry Stuffed Bagel <b>42</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>	1/16 1. Iced Cinnamon Bun <b>38</b> 2. Berry Blast French Toast <b>37</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>	1/17  <b>No School</b>
1/20  <b>No School</b>	1/21 1. WG French Toast Sticks <b>29.25</b> & SF Syrup <b>8</b> 2. Apple Churro w/Yogurt <b>32.3</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>	1/22 1. Sausage, Egg and Cheese on a Muffin <b>34.5</b> 2. WG Caramel Mini Cini <b>35</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>	1/23 1. Donut & Berry Parfait <b>37.5</b> 2. Chocolate Frudel <b>37</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>	1/24 1. WG Breakfast Pizza <b>22</b> 2. WG Bagel w/Cream Cheese <b>28</b> <b>Sides:</b> Chilled Fruit <b>15</b> , 100% Fruit Juice, Milk <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>
1/27 1. Blueberry Parfait <b>41</b> 2. Pancake Puffs <b>37</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>	1/28 1. WG Waffle <b>37</b> w/SF Syrup <b>8</b> 2. Assorted Muffin <b>42</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>	1/29 1. Sausage, Egg and Cheese Croissant <b>28</b> 2. Strawberry Stuffed Bagel <b>42</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>	1/30 1. Iced Cinnamon Bun <b>38</b> 2. Berry Blast French Toast <b>37</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>	1/31 1. WG Breakfast Pizza <b>22</b> 2. Bacon, Egg and Cheese Muffin <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>

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