

**Gettysburg Area School District
Vida Charter School**

**February 2025
Breakfast Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
2/3 1. Chocolate Donut Holes 57 2. Iced Cinnamon Bun 38 Sides: Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1 % Choc Milk 24	2/4 1. WG French Toast Sticks 29.25 & SF Syrup 8 2. Apple Churro w/Yogurt 32.3 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/5 1. Bacon, Egg and Cheese on a Muffin 28 2. WG Caramel Mini Cini 35 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	2/6 1. Donut & Berry Parfait 37.5 2. Chocolate Frudel 37 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/7 1. WG Breakfast Pizza 22 2. WG Bagel w/Cream Cheese 28 Sides: Chilled Fruit 15 , 100% Fruit Juice, Milk 24 , 1 % Milk 12 , 1 % Choc Milk 24
2/10 1. Blueberry Parfait 41 2. Pancake Puffs 37 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	2/11 1. WG Waffle 37 w/SF Syrup 8 2. Assorted Muffin 42 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/12 1. Sausage, Egg and Cheese Croissant 28 2. Strawberry Stuffed Bagel 42 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	2/13 1. Iced Cinnamon Bun 38 2. Berry Blast French Toast 37 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/14 1. WG Breakfast Pizza 22 2. Bacon, Egg and Cheese Bagel 26 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
2/17 No School	2/18 1. WG French Toast Sticks 29.25 & SF Syrup 8 2. Apple Churro w/Yogurt 32.3 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/19 1. Bacon, Egg and Cheese on a Muffin 28 2. WG Caramel Mini Cini 35 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	2/20 1. Donut & Berry Parfait 37.5 2. Chocolate Frudel 37 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/21 1. WG Breakfast Pizza 22 2. WG Bagel w/Cream Cheese 28 Sides: Chilled Fruit 15 , 100% Fruit Juice, Milk 24 , 1 % Milk 12 , 1 % Choc Milk 24
2/24 1. Blueberry Parfait 41 2. Pancake Puffs 37 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	2/25 1. WG Waffle 37 w/SF Syrup 8 2. Assorted Muffin 42 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/26 1. Sausage, Egg and Cheese Croissant 28 2. Strawberry Stuffed Bagel 42 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	2/27 1. Iced Cinnamon Bun 38 2. Berry Blast French Toast 37 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/28 1. WG Breakfast Pizza 22 2. Bacon, Egg and Cheese Bagel 26 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24

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