

**Gettysburg Area School District  
Vida Charter School**

**February 2025  
Lunch Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2/3</b> 1.Breaded Chicken Sandwich <b>43</b> 2.Cheese Bites w/Sauce <b>28</b> 3.Turkey and Cheese Sub <b>39</b> <b>Sides:</b> Oven Baked Fries <b>10</b>, Fresh Baby Carrots <b>8</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></p>	<p><b>2/4</b> 1. Toasted Cheese Sandwich <b>34</b> 2. Chicken Tenders w/Dinner Roll <b>28</b> 3. Chef Salad w/Dressing <b>8</b> <b>Sides:</b> Tomato Soup <b>16</b>, Fresh Side Salad <b>3</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></p>	<p><b>2/5</b> 1. Tacos- Beef Hard Shell <b>42</b>, Beef Soft Shell <b>24</b> 2.Pizza Crunchers w/Sauce <b>51</b> 3.Donut and Berry Parfait <b>37.5</b> <b>Sides:</b> Steamed Corn <b>16</b>, Fresh Cauliflower <b>2</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></p>	<p><b>2/6</b> 1. Waffles w/SF Syrup and Bacon <b>54</b> 2. Cheesy Breadstick w/Sauce <b>42</b> 3. Popcorn Chicken Salad w/Dressing <b>36</b> <b>Sides:</b> Oven Baked Hash Brown <b>14</b>, Fresh Broccoli Florets <b>2</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></p>	<p><b>2/7</b> 1.Hamburger <b>29</b> or Cheeseburger <b>30</b> 2.Cheesesteak Sub <b>49</b> 3.Individual Yogurt w/Graham Cracker <b>29.3</b> <b>Sides:</b> Oven Baked Fries <b>10</b>, Fresh Celery Sticks <b>3</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></p>
<p><b>2/10</b> 1.Chicken and Mashed Potato Bowl <b>45</b> 2.Italian Dunkers w/Sauce <b>44</b> 3.Beef Hot Dog <b>28</b> <b>Sides:</b> Mashed Potatoes <b>16</b>, Steamed Peas <b>12</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></p>	<p><b>2/11</b> 1. General Tso's w/Steamed Rice <b>42</b> 2. WG Cheese Pizza <b>37</b> 3. Chef Salad w/Dressing <b>8</b> <b>Sides:</b> Steamed Broccoli <b>2</b>, Spring Salad Mix <b>3</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></p>	<p><b>2/12</b> 1. Walking Tacos (1) <b>24</b> 2.Stuffed Breadstick w/Sauce <b>42</b> 3.Popcorn Chicken Salad w/Dressing <b>36</b> <b>Sides:</b> Steamed Corn <b>16</b>, Fresh Cucumber Coins <b>2</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></p>	<p><b>2/13 Early Dismissal</b> 1.Chicken Tenders w/Dinner Roll <b>28</b> 2. WG Cheese Pizza <b>37</b> 3.Individual Yogurt w/Graham Crackers <b>29.3</b> <b>Sides:</b> Steamed Green Beans <b>3</b>, Tossed Side Salad <b>3</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></p>	<p><b>2/14</b> 1.Beef Hot Dog Twist <b>35</b> 2. Turkey and Cheese Pretzel Melt <b>33</b> 3. Donut and Berry Parfait <b>37.5</b> <b>Sides:</b> Oven Baked Smile Fries <b>20</b>, Fresh Pepper Strips <b>2</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></p>
<p><b>2/17</b>  <b>No School</b></p>	<p><b>2/18</b> 1. Mac and Cheese w/Dinner Roll <b>35</b> 2. Meatball Sub <b>39</b> 3. Chef Salad w/Dressing <b>8</b> <b>Sides:</b> Steamed Broccoli <b>2</b>, Fresh Baby Carrots <b>7</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></p>	<p><b>2/19</b> 1. Tacos- Beef Hard Shell <b>42</b>, Beef Soft Shell <b>24</b> 2.Chicken Nuggets w/Dinner Roll <b>50</b> 3.Donut and Berry Parfait <b>37.5</b> <b>Sides:</b> Steamed Corn <b>16</b>, Oven Baked Fries <b>10</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></p>	<p><b>2/20</b> 1.Toasted Han and Cheese Sandwich <b>34</b> 2.Cheese Bites w/Sauce <b>28</b> 3.Popcorn Chicken Salad w/Dressing <b>36</b> <b>Sides:</b> Broccoli and Cheddar Soup <b>9</b>, Caesar Salad <b>6</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></p>	<p><b>2/21</b> 1.Hamburger <b>29</b> or Cheeseburger <b>30</b> 2.Cheesy Breadstick w/Sauce <b>42</b> 3.Fish Nuggets w/Dinner Roll <b>46</b> <b>Sides:</b> Oven Baked Smile Fries <b>20</b>, BBQ Baked Beans <b>37</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></p>
<p><b>2/24</b> 1.Sweet and Sour Chicken w/Steamed Rice <b>50.85</b> 2. Ham and Cheese Pretzel Melt <b>33</b> 3.Individual Yogurt w/Graham Crackers <b>29.3</b> <b>Sides:</b> Steamed Carrots <b>7</b>, Fresh Pepper Strips <b>2</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></p>	<p><b>2/25</b> 1.Chicken Drumstick w/Dinner Roll <b>18</b> 2.Pizza Crunchers w/Sauce <b>51</b> 3.Chef Salad w/Dressing <b>8</b> <b>Sides:</b> Loaded Baked Potato Soup <b>22</b>, Fresh Side Salad <b>3</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></p>	<p><b>2/26</b> 1. Walking Tacos (1) <b>24</b> 2.Chicken Tenders w/Goldfish Crackers <b>30</b> 3.Mini Corn Dog Nuggets <b>35</b> <b>Sides:</b> Steamed Corn <b>16</b>, Fresh Cucumber Coins <b>2</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></p>	<p><b>2/27</b> 1. French Toast w/SF Syrup and Sausage <b>65.6</b> 2. Fish Sandwich <b>41</b> 3. Popcorn Chicken Salad w/Dressing <b>36</b> <b>Sides:</b> Oven Baked Hash Brown <b>14</b>, Fresh Broccoli Florets <b>2</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></p>	<p><b>2/28</b> 1.Lasagna w/Breadstick <b>33</b> 2.WG Cheese Pizza <b>37</b> 3.Donut and Berry Parfait <b>37.5</b> <b>Sides:</b> Oven Baked Sweet Potato Fries <b>34</b>, Caesar Side Salad <b>6</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></p>

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