

**Gettysburg Area School District
Elementary School**

**March 2025
Lunch Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
3/3 1. Breaded Chicken Sandwich 43 2. Cheese Bites w/Sauce 28 3. Turkey and Cheese Sub 39 Sides: Oven Baked Fries 10 , Fresh Baby Carrots 8 , Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24	3/4 1. Toasted Cheese Sandwich 34 2. Chicken Tenders w/Dinner Roll 28 3. Chef Salad w/Dressing 8 Sides: Tomato Soup 16 , Fresh Side Salad 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/5 1. Tacos- Beef Hard Shell 42 , Beef Soft Shell 24 2. Pizza Crunchers w/Sauce 51 3. Mini Corn Dog Nuggets 35 Sides: Steamed Corn 16 , Fresh Cauliflower 2 , Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/6 1. Waffles w/SF Syrup and Bacon 54 2. Pepperoni Breadstick w/Sauce 39 3. Popcorn Chicken Salad w/Dressing 36 Sides: Oven Baked Hash Brown 14 , Fresh Broccoli Florets 2 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/7 Early Dismissal 1. Hamburger 29 or Cheeseburger 30 2. WG Cheese Pizza 37 3. PB&J 26 Sides: BBQ Baked Beans 37 , Fresh Celery Sticks 3 , Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24
3/10 1. Chicken and Mashed Potato Bowl 45 2. Italian Dunkers w/Sauce 44 3. Beef Hot Dog 28 Sides: Mashed Potatoes 16 , Steamed Peas 12 , Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24	3/11 1. General Tso's w/Steamed Rice 42 2. WG Cheese Pizza 37 3. Chef Salad w/Dressing 8 Sides: Steamed Broccoli 2 , Spring Salad Mix 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/12 1. Walking Tacos (1) 24 2. Stuffed Breadstick w/Sauce 42 3. Meat Lovers Stromboli 32 Sides: Steamed Corn 16 , Fresh Cucumber Coins 2 Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/13 1. Pancakes w/ SF Syrup and Bacon 38 2. Pizza Crunchers w/Sauce 51 3. Popcorn Chicken Salad 36 Sides: Oven Baked Hash Brown 14 , Fresh Celery Sticks 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/14 1. Toasted Han and Cheese Sandwich 34 2. Cheese Bites w/Sauce 28 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Broccoli and Cheddar Soup 9 , Caesar Salad 6 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/17 1. Leprechaun Parfait 37.5 2. Chicken Tenders w/Graham Crackers 30 3. WG Cheese Pizza 37 Sides: Oven Baked Smile Fries 20 , Fresh Cucumber Coins 2 Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24	3/18 1. Mac and Cheese w/Dinner Roll 35 2. Meatball Sub 39 3. Chef Salad w/Dressing 8 Sides: Steamed Broccoli 2 , Fresh Baby Carrots 7 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/19 1. Tacos- Beef Hard Shell 42 , Beef Soft Shell 24 2. Chicken Nuggets w/Dinner Roll 50 3. Turkey and Cheese Sub 39 Sides: Steamed Corn 16 , Fresh Pepper Strips 2 , Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/20 1. French Toast w/SF Syrup and Sausage 65.6 2. Fish Sandwich 41 3. Popcorn Chicken Salad w/Dressing 36 Sides: Oven Baked Hash Brown 14 , Fresh Broccoli Florets 2 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/21 1. Mexicali Casserole 31 2. Cheesy Breadstick w/Sauce 42 3. Fish Nuggets w/Dinner Roll 46 Sides: Oven Baked Sweet Potato Fries 34 , Fresh Celery Sticks 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/24 1. Sweet and Sour Chicken w/Steamed Rice 50.85 2. Ham and Cheese Pretzel Melt 33 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Steamed Carrots 7 , Fresh Pepper Strips 2 , Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24	3/25 1. Chicken Drumstick w/Dinner Roll 18 2. Pizza Crunchers w/Sauce 51 3. Chef Salad w/Dressing 8 Sides: Loaded Baked Potato Soup 22 , Fresh Side Salad 3 Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/26 1. Walking Tacos (1) 24 2. Chicken Tenders w/Goldfish Crackers 30 3. Mini Corn Dog Nuggets 35 Sides: Steamed Corn 16 , Fresh Cucumber Coins 2 , Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/27 1. Hamburger 29 or Cheeseburger 30 2. WG Cheese Pizza 37 3. Beef Hot Dog 28 Sides: Loaded Tater Tots 14 , Fresh Baby Carrots 8 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/28 1. Chicken Pot Pie 52 2. Italian Dunkers w/Sauce 44 3. Donut and Berry Parfait 37.5 Sides: Steamed Green Beans 3 , Caesar Side Salad 6 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/31 1. Breaded Chicken Sandwich 43 2. Cheese Bites w/Sauce 28 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Oven Baked Fries 10 , Fresh Baby Carrots 8 , Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24				

Daily Alternate Lunch Meals: PB&J: 26

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