

**Gettysburg Area School District
Vida Charter School**

**March 2025
Breakfast Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
3/3 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	3/4 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	3/5 1. Bacon, Egg and Cheese on a Muffin 28 2. Donut and Berry Parfait 37.5 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/6 1. Sausage, Egg and Cheese Pancake Sandwich 28 2. Chocolate Frudel 37 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/7 1. WG Breakfast Bacon Pizza 22 2. WG Blueberry Bagel w/Cream Cheese 28 Sides: Chilled Fruit 15 , 100% Fruit Juice, Milk 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/10 1. Strawberry Parfait 41 2. Pancake Puffs 37 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/11 1. WG Mini Blueberry Pancakes 36 2. Assorted Muffin 42 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/12 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	3/13 1. Iced Cinnamon Bun 38 2. WG Bagel w/Cream Cheese 28 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/14 1. WG Breakfast Sausage Pizza 27 2. Bacon, Egg and Cheese Bagel 26 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/17 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	3/18 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	3/19 1. Bacon, Egg and Cheese on a Muffin 28 2. Donut and Berry Parfait 37.5 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/20 1. Sausage, Egg and Cheese Pancake Sandwich 28 2. Chocolate Frudel 37 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/21 1. WG Breakfast Bacon Pizza 22 2. WG Blueberry Bagel w/Cream Cheese 28 Sides: Chilled Fruit 15 , 100% Fruit Juice, Milk 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/24 1. Strawberry Parfait 41 2. Pancake Puffs 37 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	3/25 1. WG Mini Blueberry Pancakes 36 2. Assorted Muffin 42 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/26 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	3/27 1. Iced Cinnamon Bun 38 2. WG Bagel w/Cream Cheese 28 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/28 1. WG Breakfast Sausage Pizza 27 2. Bacon, Egg and Cheese Bagel 26 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/31 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				

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