

**Gettysburg Area School District
Vida Charter School**

**March 2025
Lunch Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>	<p>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</p>	<p>3/5 1. Tacos- Beef Hard Shell 42, Beef Soft Shell 24 2.Pizza Crunchers w/Sauce 51 3.Donut and Berry Parfait 37.5 Sides: Steamed Corn 16, Fresh Cauliflower 2, Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12, 1 % Choc Milk 24</p>	<p>3/6 1. Waffles w/SF Syrup and Bacon 54 2. Cheesy Breadstick w/Sauce 42 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</p>	<p>3/7 Early Dismissal 1.Hamburger 29 or Cheeseburger 30 2.WG Cheese Pizza 37 3.Individual Yogurt w/Graham Crackers 29.3 Sides: BBQ Baked Beans 37, Fresh Celery Sticks 3, Chilled Fruit 15, 100% Fruit Juice 15, 1% Milk 12, 1% Choc Milk 24</p>
<p>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</p>	<p>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</p>	<p>3/12 1. Walking Tacos (1) 24 2.Stuffed Breadstick w/Sauce 42 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</p>	<p>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</p>	<p>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</p>
<p>3/17 1.Green 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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>
<p>3/31 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</p>				

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