

**Gettysburg Area School District
Elementary School**

**May 2025
Lunch Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
			5/1 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	5/2 1. Cheesesteak Sub 49 2. Cheese Bites w/Sauce 28 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Oven Baked Fries 10 , Fresh Cucumber Coins 2 Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24
5/5 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	5/6 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	5/7 1. Walking Tacos (1) 24 2. Ham and Cheese Pretzel Melt 33 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	5/8 1. Pancakes w/ SF Syrup and Bacon 38 2. Cheesy Breadstick w/Sauce 42 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	5/9 Early Dismissal 1. Breaded Chicken Sandwich 43 2. WG Cheese Pizza 37 3. PB&J 26 Sides: BBQ Baked Beans 37 , Fresh Celery Sticks 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
5/12 1. Hamburger or Cheeseburger 29 2. Chicken Nuggets w/Goldfish Crackers 50 3. Donut and Berry Parfait 37.5 Sides: BBQ Baked Beans 37 , Fresh Cucumber Coins 2 Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24	5/13 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	5/14 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	5/15 1. French Toast w/SF Syrup and Sausage 65.6 2. WG Cheese Pizza 37 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	5/16 1. Mexicali Casserole 31 2. Fish Sandwich 41 3. Donut and Berry Parfait 37.5 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
5/19 1. Toasted Ham and Cheese Sandwich 34 2. WG Cheese Pizza 37 3. Popcorn Chicken Salad 36 Sides: Steamed Green Beans 3 , Fresh Pepper Strips 2 , Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24	5/20 1. Spaghetti and Meatballs w/Breadstick 57 2. Ham and Cheese Pretzel Melt 33 3. Mini Corn Dog Nuggets 35 Sides: Steamed Broccoli 2 , Caesar Side Salad 6 , Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	5/21 1. Salisbury Steak w/Dinner Roll 32 2. Beef Hot Dog 28 3. Turkey and Cheese Sub 39 Sides: Mashed Potatoes 16 , Fresh Baby Carrots 7 , Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	5/22 1. Meatball Sub 39 2. Fish Nuggets w/Goldfish Crackers 46 3. Donut and Berry Parfait 37.5 Sides: BBQ Baked Beans 37 , Fresh Celery Sticks 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	5/23 1. Hamburger or Cheeseburger 29 2. Chicken Nuggets w/Goldfish Crackers 50 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Oven Baked Fries 10 , Fresh Broccoli Florets 2 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
5/26 No School	5/27 1. Mac and Cheese w/Dinner Roll 35 2. WG Cheese Pizza 37 3. Mini Corn Dog Nuggets 35 Sides: Steamed Broccoli 2 , Fresh Baby Carrots 7 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	5/28 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 , Spring Salad Mix 2 , Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24	5/29 1. Chicken Tenders w/Dinner Roll 30 2. Fish Sandwich 41 3. Chef Salad w/Dressing 8 Sides: Steamed Carrots 7 , Spring Salad Mix 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1% Choc Milk 24	5/30 Early Dismissal 1. Breaded Chicken Sandwich 43 2. WG Cheese Pizza 37 3. PB&J 26 Sides: Oven Baked Sweet Potato Fries 34 , Fresh Pepper Strips 2 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 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**