

**Gettysburg Area School District  
Vida Charter School**

**May 2025  
Lunch Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>5/1</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>	<b>5/2</b> 1. Cheesesteak Sub <b>49</b> 2. Cheese Bites w/Sauce <b>28</b> 3. Individual Yogurt w/Graham Crackers <b>29.3</b> <b>Sides:</b> Oven Baked Fries <b>10</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>
<b>5/5</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>	<b>5/6</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>	<b>5/7</b> 1. Walking Tacos (1) <b>24</b> 2. Ham and Cheese Pretzel Melt <b>33</b> 3. Donut and Berry Parfait <b>37.5</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>	<b>5/8</b> 1. Pancakes w/ SF Syrup and Bacon <b>38</b> 2. Cheesy Breadstick w/Sauce <b>42</b> 3. Popcorn Chicken Salad <b>36</b> <b>Sides:</b> Oven Baked Hash Brown <b>14</b> , Fresh Celery Sticks <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>	<b>5/9 Early Dismissal</b> 1. Breaded Chicken Sandwich <b>43</b> 2. WG Cheese Pizza <b>37</b> 3. Individual Yogurt w/Graham Crackers <b>29.3</b> <b>Sides:</b> BBQ Baked Beans <b>37</b> , Fresh Celery Sticks <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>
<b>5/12</b> 1. Hamburger or Cheeseburger <b>29</b> 2. Chicken Nuggets w/Goldfish Crackers <b>50</b> 3. Donut and Berry Parfait <b>37.5</b> <b>Sides:</b> BBQ Baked Beans <b>37</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>	<b>5/13</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>	<b>5/14</b> 1. Tacos- Beef Hard Shell <b>42</b> , Beef Soft Shell <b>24</b> 2. Pizza Crunchers w/Sauce <b>51</b> 3. Mini Corn Dog Nuggets <b>35</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>	<b>5/15</b> 1. French Toast w/SF Syrup and Sausage <b>65.6</b> 2. WG Cheese Pizza <b>37</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>	<b>5/16</b> 1. Mexicali Casserole <b>31</b> 2. Fish Sandwich <b>41</b> 3. Donut and Berry Parfait <b>37.5</b> <b>Sides:</b> Oven Baked Sweet Potato Fries <b>34</b> , Fresh Celery Sticks <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>
<b>5/19</b> 1. Cheesesteak Sub <b>49</b> 2. Italian Dunkers w/Sauce <b>44</b> 3. Donut and Berry Parfait <b>37.5</b> <b>Sides:</b> Steamed Broccoli <b>2</b> , Fresh Baby Carrots <b>7</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>	<b>5/20</b> 1. Lasagna w/Breadstick <b>41</b> 2. Fish Sandwich <b>41</b> 3. Mini Corn Dog Nuggets <b>35</b> <b>Sides:</b> Steamed Green Beans <b>3</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>	<b>5/21</b> 1. Walking Tacos (1) <b>24</b> 2. French Toast w/SF Syrup and Sausage <b>65.6</b> 3. Salisbury Steak w/Dinner Roll <b>32</b> <b>Sides:</b> Steamed Corn <b>16</b> , Oven Baked Hash Brown <b>14</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>	<b>5/22</b> 1. Meatball Sub <b>28</b> 2. Beef Hot Dog <b>28</b> 3. Individual Yogurt w/Graham Crackers <b>29.3</b> <b>Sides:</b> Steamed Peas <b>12</b> , Fresh Celery Sticks <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>	<b>5/23</b> 1. Hamburger or Cheeseburger <b>29</b> 2. WG Cheese Pizza <b>37</b> 3. Turkey and Cheese Sub <b>39</b> <b>Sides:</b> Oven Baked Fries <b>10</b> , Fresh Cauliflower <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>
<b>No School</b>	<b>5/27</b> 1. Chicken Drumstick w/Dinner Roll <b>18</b> 2. Cheese Bites w/Sauce <b>28</b> 3. Popcorn Chicken Salad <b>36</b> <b>Sides:</b> BBQ Baked Beans <b>37</b> , Fresh Cucumber Coins <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>	<b>5/28</b> 1. Tacos- Beef hard Shell <b>42</b> , Beef Soft Shell <b>24</b> 2. Chicken Tenders w/Goldfish Crackers <b>30</b> 3. Chef Salad w/Dressing <b>8</b> <b>Sides:</b> Oven Baked Sweet Potato Fries <b>34</b> , Spring Salad Mix <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>	<b>5/29</b> 1. Chicken Nuggets w/Goldfish Crackers <b>50</b> 2. Cheesy Breadstick w/Sauce <b>42</b> 3. Fish Sandwich <b>41</b> <b>Sides:</b> Steamed Green Beans <b>3</b> , Fresh Cucumber Coins <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>	<b>5/30 Early Dismissal</b> 1. WG Cheese Pizza <b>37</b> 2. Beef Hot Dog <b>28</b> 3. Individual Yogurt w/Graham Crackers <b>29.3</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>

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