

**Gettysburg Area School District
Elementary School**

**January 2026
Lunch Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
			1/1 No School	1/2 No School
1/5 1.WG Cheese Pizza 37 2. Chicken Tenders w/Dinner Roll 30 3. Corn Dog Nuggets 35 Sides: Oven Baked Fries 10 , BBQ Baked Beans 37 Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24	1/6 1.Breaded Chicken Sandwich 27.5 2. Cheese Bites w/Sauce 28 3. Donut and Berry Parfait 37.5 Sides: Steamed Carrots 7 , Steamed Peas 12 , Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24	1/7 1. Tacos- Beef Soft Shell 24 2.Turkey and Cheese Pretzel Melt 33 3. Meat Lovers Stromboli 32 Sides: Steamed Corn 16 , Fresh Carrots 7 , Chilled Fruit, 15 100% Fruit juice, 15 1% Milk 12 , 1% Choc Milk 24	1/8 1.Waffles w/ SF Syrup and Bacon 54 2. Italian Dunkers w/Sauce 44 3.Popcorn Chicken Salad 36 Sides: Oven Baked Hash Brown 14 , Fresh Pepper Strips 2 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1% Choc Milk 24	1/9 1.General Tso's w/Steamed Rice 42 2. Pizza Crunchers w/Sauce 37.5 3. Beef Hot Dog 28 Sides: Steamed Broccoli 2 , Fresh Celery Sticks 3 , Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24
1/12 1. Mac and Cheese w/Dinner Roll 35 2. Meatball Sub 39 3. Fish Nuggets w/Dinner Roll 46 Sides: Steamed Broccoli 2 , Side Salad 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1% Choc Milk 24	1/13 1.Hamburger or Cheeseburger 29 2. Cheesy Breadstick w/Sauce 42 3. Chef Salad w/Dressing 8 Sides: BBQ Baked Beans 37 , Pepper Strips 2 Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24	1/14 1. Walking Tacos 24 2. Cheese Bites w/Sauce 28 3. Turkey and Cheese Sub 39 Sides: Steamed Corn 16 , Cucumber Coins 2 , Chilled Fruit, 15 100% Fruit juice, 15 1% Milk 12 , 1% Choc Milk 24	1/15 1. French Toast w/SF Syrup and Sausage 65.6 2. Ham and Cheese Pretzel Melt 33 3. Popcorn Chicken Salad w/Dressing 36 Sides: Oven Baked Tater Tots 14 , Baby Carrots 7 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1% Choc Milk 24	1/16 1.WG Cheese Pizza 37 2. Chicken Tenders w/Goldfish 30 3. PB&J 26 Sides: Oven Baked Fries 10 , Cucumbers 2 , Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24
1/19 No School	1/20 1.Sweet and Sour Chicken w/Steamed Rice 50.85 2. Pizza Crunchers w/Sauce 51 3. Donut and Berry Parfait 37.5 Sides: Steamed Broccoli 2 , Cucumbers 2 , Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24	1/21 1. Tacos- Beef Soft Shell 24 2.Cheesesteak Sub 49 3. Italian Dunkers w/Sauce 44 Sides: Steamed Corn 16 , Fresh Carrots 7 , Chilled Fruit, 15 100% Fruit juice, 15 1% Milk 12 , 1% Choc Milk 24	1/22 1. Pancakes w/SF Syrup and Bacon 38 2. Chicken Nuggets w/Dinner Roll 50 3. Popcorn Chicken Salad w/Dressing 36 Sides: Oven Baked Tater Tots 14 , Fresh Cauliflower Florets 2 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1% Choc Milk 24	1/23 1.Spaghetti and Meatballs 49.6 2.WG Cheese Pizza 37 3. Donut and Berry Parfait 37.5 Sides: Green Beans 3 , Side Salad 3 , Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1% Choc Milk 24
1/26 1. Chicken and Mashed Potato Bowl 45 2. Pizza Crunchers w/Sauce 51 3. Beef Hot Dog 28 Sides: Steamed Peas 12 , Mashed Potatoes 16 Chilled Fruit, 15 100% Fruit juice, 15 , 1% Milk 12 , 1% Choc Milk 24	1/27 1.Toasted Cheese Sandwich 34 2. Chicken Nuggets w/Goldfish Crackers 50 3.Chef Salad w/Dressing 8 Sides: Tomato Soup 16 , Side Salad 3 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1% Choc Milk 24	1/28 1. Walking Tacos 24 2. Cheese Bites w/Sauce 28 3. Corn Dog Nuggets 35 Sides: Steamed Corn 16 , Cucumber Coins 2 , Chilled Fruit, 15 100% Fruit juice, 15 1% Milk 12 , 1% Choc Milk 24	1/29 1.Waffles w/ SF Syrup and Bacon 54 2. Ham and Cheese Pretzel Melt 33 3.Popcorn Chicken Salad 36 Sides: Oven Baked Hash Brown 14 , Fresh Pepper Strips 2 , Chilled Fruit 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1% Choc Milk 24	1/30 1.WG Cheese Pizza 37 2. Fish Sandwich 41 3. Turkey and Cheese Sub 39 Sides: Oven Baked Fries 10 , Carrots 7 , 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**