

**Gettysburg Area School District
Vida Charter School**

**January 2026
Breakfast Carb Counts**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | 1/1 No School | 1/2 No School |
| 1/5 1.WG French Toast Sticks 29.25 2.Pancake Puffs 37 3.Fudge Pop Tart 37 w/String Cheese 1 Sides: Chilled Fruit 15 , 100% Fruit Juice 15 , 1% Milk 12 , 1 % Choc Milk 24 | 1/6 1. Sausage, Egg and Cheese Pancake Sandwich 28 2. Strawberry Pancakes 38 3.Apple Frudel 36 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 1/7 1. Iced Cinnamon Bun 38 2. WG Bagel w/Cream Cheese 28 3. Cinnamon Pop Tart 35 w/String Cheese 1 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc | 1/8 1. Bacon, Egg and Cheese on a Muffin 28 2.Blueberry Bash Waffles 28 3.Strawberry Pop Tart 38 w/String Cheese 1 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 1/9 1. Bacon, Egg and Cheese Croissant 28 2. Breakfast Pizza 27 3. WG Assorted Muffin 42 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 |
| 1/12 1. WG Confetti Waffles 30 2. WG Assorted Muffin 42 3.Blueberry Pop Tart 36 w/String Cheese 1 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 1/13 1. Sausage, Egg and Cheese Bagel 28 2. Ham and Cheese Calzone 24 3.Iced Cinnamon Bun 38 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 1/14 1. Donut and Berry Parfait 37.5 2. Berry Blast French Toast 37 3. Strawberry Pop Tart 38 w/String Cheese 1 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 1/15 1. Bacon, Egg and Cheese Pancake Sandwich 28 2. Chocolate Frudel 37 3. WG Assorted Muffin 42 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 1/16 1. Sausage, Egg and Cheese Croissant 28 2. Breakfast Pizza 27 3. Fudge Pop Tart 37 w/String Cheese 1 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 |
| 1/19 No School | 1/20 1. Sausage, Egg and Cheese Pancake Sandwich 28 2. Strawberry Pancakes 38 3.Apple Frudel 36 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 1/21 1. Iced Cinnamon Bun 38 2. WG Bagel w/Cream Cheese 28 3. Cinnamon Pop Tart 35 w/String Cheese 1 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc | 1/22 1. Bacon, Egg and Cheese on a Muffin 28 2.Blueberry Bash Waffles 28 3.Strawberry Pop Tart 38 w/String Cheese 1 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 1/23 1. Bacon, Egg and Cheese Croissant 28 2. Breakfast Pizza 27 3. WG Assorted Muffin 42 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 |
| 1/26 1. WG Confetti Waffles 30 2. WG Assorted Muffin 42 3.Blueberry Pop Tart 36 w/String Cheese 1 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 1/27 1. Sausage, Egg and Cheese Bagel 28 2. Ham and Cheese Calzone 24 3.Iced Cinnamon Bun 38 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 1/28 1. Donut and Berry Parfait 37.5 2. Berry Blast French Toast 37 3. Strawberry Pop Tart 38 w/String Cheese 1 Sides: Chilled Fruit, 15 100% Fruit juice, 15 1 % Milk 12 , 1 % Choc Milk 24 | 1/29 1. Bacon, Egg and Cheese Pancake Sandwich 28 2. Chocolate Frudel 37 3. WG Assorted Muffin 42 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 | 1/30 1. Sausage, Egg and Cheese Croissant 28 2. Breakfast Pizza 27 3. Fudge Pop Tart 37 w/String Cheese 1 Sides: Chilled Fruit 15 , Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24 |

**Daily Alternate Breakfast Meals: Assorted Low Sugar Cereal 25 w/String Cheese 1
SF Syrup For Breakfast Items - 8**