

**Gettysburg Area School District  
Vida Charter School**

**January 2026  
Lunch Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
			1/1  <b>No School</b>	1/2  <b>No School</b>
1/5 1.WG Cheese Pizza <b>37</b> 2. Chicken Tenders w/Dinner Roll <b>30</b> 3. Corn Dog Nuggets <b>35</b> <b>Sides:</b> Oven Baked Fries <b>10</b> , BBQ Baked Beans <b>37</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>	1/6 1.Breaded Chicken Sandwich <b>27.5</b> 2. Cheese Bites w/Sauce <b>28</b> 3. Donut and Berry Parfait <b>37.5</b> <b>Sides:</b> Steamed Carrots <b>7</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>	1/7 1. Tacos- Beef Soft Shell <b>24</b> 2.Turkey and Cheese Pretzel Melt <b>33</b> 3. Fish Nuggets w/Dinner Roll <b>46</b> <b>Sides:</b> Steamed Corn <b>16</b> , Fresh 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>	1/8 1.Waffles w/ SF Syrup and Bacon <b>54</b> 2. Italian Dunkers w/Sauce <b>44</b> 3.Popcorn Chicken Salad <b>36</b> <b>Sides:</b> Oven Baked Hash Brown <b>14</b> , Fresh Pepper Strips <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>	1/9 1.General Tso's w/Steamed Rice <b>42</b> 2. Pizza Crunchers w/Sauce <b>37.5</b> 3. Beef Hot Dog <b>28</b> <b>Sides:</b> Steamed Broccoli <b>2</b> , Fresh Celery Sticks <b>3</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>
1/12 1. Mac and Cheese w/Dinner Roll <b>35</b> 2. Meatball Sub <b>39</b> 3. Fish Nuggets w/Dinner Roll <b>46</b> <b>Sides:</b> Steamed Broccoli <b>2</b> , Fresh Cucumbers <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>	1/13 1.Hamburger or Cheeseburger <b>29</b> 2. Cheesy Breadstick w/Sauce <b>42</b> 3. Chef Salad w/Dressing <b>8</b> <b>Sides:</b> BBQ Baked Beans <b>37</b> , 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>	1/14 1. Walking Tacos <b>24</b> 2. Cheese Bites w/Sauce <b>28</b> 3. Turkey and Cheese Sub <b>39</b> <b>Sides:</b> Steamed Corn <b>16</b> , 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>	1/15 1. French Toast w/SF Syrup and Sausage <b>65.6</b> 2. Ham and Cheese Pretzel Melt <b>33</b> 3. Popcorn Chicken Salad w/Dressing <b>36</b> <b>Sides:</b> Oven Baked Tater Tots <b>14</b> , 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>	1/16 1.WG Cheese Pizza <b>37</b> 2. Chicken Tenders w/Goldfish <b>30</b> 3. Individual Yogurt w/Graham Crackers <b>29.3</b> <b>Sides:</b> Oven Baked Fries <b>10</b> , Cucumbers <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>
1/19  <b>No School</b>	1/20 1.Sweet and Sour Chicken w/Steamed Rice <b>50.85</b> 2. Pizza Crunchers w/Sauce <b>51</b> 3. Donut and Berry Parfait <b>37.5</b> <b>Sides:</b> Steamed Broccoli <b>2</b> , Celery Sticks <b>3</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>	1/21 1. Tacos- Beef Soft Shell <b>24</b> 2.Cheesesteak Sub <b>49</b> 3. Italian Dunkers w/Sauce <b>44</b> <b>Sides:</b> Steamed Corn <b>16</b> , Fresh 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>	1/22 1. Pancakes w/SF Syrup and Bacon <b>38</b> 2. Chicken Nuggets w/Dinner Roll <b>50</b> 3. Popcorn Chicken Salad w/Dressing <b>36</b> <b>Sides:</b> Oven Baked Tater Tots <b>14</b> , Fresh Cauliflower 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>	1/23 1.Spaghetti and Meatballs <b>49.6</b> 2.WG Cheese Pizza <b>37</b> 3. Donut and Berry Parfait <b>37.5</b> <b>Sides:</b> Green Beans <b>3</b> , Side Salad <b>3</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>
1/26 1. Chicken and Mashed Potato Bowl <b>45</b> 2. Pizza Crunchers w/Sauce <b>51</b> 3. Beef Hot Dog <b>28</b> <b>Sides:</b> Steamed Peas <b>12</b> , Mashed Potatoes <b>16</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>	1/27 1.Toasted Cheese Sandwich <b>34</b> 2. Chicken Nuggets w/Goldfish Crackers <b>50</b> 3.Chef Salad w/Dressing <b>8</b> <b>Sides:</b> Tomato Soup <b>16</b> , Side Salad <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>	1/28 1. Walking Tacos <b>24</b> 2. Cheese Bites w/Sauce <b>28</b> 3. Corn Dog Nuggets <b>35</b> <b>Sides:</b> Steamed Corn <b>16</b> , 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>	1/29 1.Waffles w/ SF Syrup and Bacon <b>54</b> 2. Ham and Cheese Pretzel Melt <b>33</b> 3.Popcorn Chicken Salad <b>36</b> <b>Sides:</b> Oven Baked Hash Brown <b>14</b> , Fresh Pepper Strips <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>	1/30 1.WG Cheese Pizza <b>37</b> 2. Fish Sandwich <b>41</b> 3. Turkey and Cheese Sub <b>39</b> <b>Sides:</b> Oven Baked Fries <b>10</b> , 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>

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