Gettysburg Area School District Vida Charter School			December 2026 Lunch Carb Counts	
Monday	Tuesday	Wednesday	Thursday	Friday
	12/1 1.Cheesy Breadstick **42** 2. Chicken Tenders w/Goldfish **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**	**12/2** 1.. Tacos- Walking **24** 2.Cheesesteak Sub **49** 3. Yogurt w/Graham Crackers **29.3** **Sides:** Steamed Corn **16**, Fresh Carrots **7**, Chilled Fruit, **15,** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**12/3** 1.French Toast w/Sausage **65.6** 2.Italian Dunkers w/Sauce **49** 3. Crispy Chicken Salad **36** **Sides:** Tater Tots **16**, Cucumbers **3**, Chilled Fruit **15**, 100% Fruit Juice **15**, **1%** Milk **12**, 1% **Choc** Milk **24**	**12/4** 1.Spaghetti and Meatballs **45** w/Garlic Knot **27** 2.WG Cheese Pizza **37** 3. Turkey and Cheese Sub **39** **Sides:** Steamed Broccoli **2,** Side Salad **3**, Chilled Fruit **15**, Fresh Whole Fruit **24**, 1% Milk **12** 1% **Choc** Milk **24**
12/7 1.Hamburger **29** or Cheeseburger **30** 2. Chicken Nuggets w/Goldfish **28** 3. Fish Sandwich **41** **Sides:** Sweet Potato Fries **24**, Fresh Celery **3,** Chilled Fruit **15**, Fresh Whole Fruit **24**, 1% Milk **12** 1% **Choc** Milk **24**	**12/8** 1.General Tso's w/Steamed Rice **42** 2. Cheesy Breadstick **42** 3. Chef Salad w/Dressing **8** **Sides:** Steamed Broccoli **2,** Fresh Cauliflower **7,** Chilled Fruit **15**, 100% Fruit Juice **15**, 1% Milk **12** 1% **Choc** Milk **24**	**12/9** 1.. Tacos- Soft Shell **24** 2.Pizza Crunchers **37.5** 3. Yogurt w/Graham Crackers **29.3** **Sides:** Steamed Corn **16**, Fresh Pepper Strips, Chilled Fruit, **15,** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**12/10** 1.Pancakes w/Bacon **38** 2.Cheeseburger Bites **28** 3.Popcorn Chicken Salad **36** **Sides:** Hash Brown **14,** BBQ Baked Beans **37,** Chilled Fruit **15**, Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24**	**12/11** 1.Ham and Cheese Pretzel Melt **34** w/Chicken Noodle Soup **10** 2.Bacon, Egg and Cheese Croissant **28** 3.Donut and Berry Parfait **37.5** **Sides:** Potato Rounds **15,** Fresh Carrots **7**, Chilled Fruit **15**,100% Fruit Juice **15**, 1% Milk **12** 1% **Choc** Milk **24**
12/14 1.Chicken Parmesan over Pasta **48** 2. Sweet and Sour Meatballs **23** w/Garlic Knot **27** 3. Fish Sandwich **41** **Sides:** Green Beans **3**, Side Salad **3,** Chilled Fruit **15**, 100% Fruit Juice **15**, **1%** Milk **12**, 1% **Choc** Milk **24**	**12/15** 1.Breaded Chicken Sandwich **27.5** 2. WG Cheese Pizza **37** 3. Chef Salad w/Dressing **8** **Sides:** BBQ Baked Beans **37**, Oven Baked Fries **10,** Chilled Fruit **15**, 100% Fruit Juice **15**, **1%** Milk **12**, 1% **Choc** Milk **24**	**12/16** 1.. Tacos- Walking **24** 2. Chicken Tenders w/Goldfish **30** 3. Yogurt w/Graham Crackers **29.3** **Sides:** Steamed Corn **16**, Fresh Celery **3,** Chilled Fruit, **15,** Fresh Whole Fruit **24,** **1 %** Milk **12,** 1 % **Choc** Milk **24**	**12/17** 1.Lasagna and Meatballs **33** w/Garlic Knot **27** 2. WG Cheese Pizza **37** 3. Donut and Berry Parfait **37.5** **Sides:** Roasted Broccoli and Cauliflower **3,** Side Salad **3**, Chilled Fruit **15**, Fresh Whole Fruit **24**, 1% Milk **12** 1% **Choc** Milk **24,** Brownie **61**	**12/18** 1.Sweet and Sour Chicken w/Steamed Rice **50.85** 2.Cheese Bites **28** 3. Fish Nuggets w/Goldfish **46** **Sides:** Vegetable Egg Roll **21**, Fresh Broccoli **2**, Chilled Fruit **15**, Fresh Whole Fruit **24**, **1%** Milk **12** 1% **Choc** Milk **24**
12/21 1.Mac and Cheese w/Dinner Roll **35** 2. Meatball Sub **39** 3.Turkey and Cheese Sub **39** **Sides:** Steamed Broccoli **2**, Side Salad **3**, Chilled Fruit **15**, Fresh Whole Fruit **24**, **1%** Milk **12**, 1% **Choc** Milk **24**	**12/22** 1.Toasted Cheese Sandwich **34** 2. Fish Sandwich **41** 3. Chef Salad w/Dressing **8** **Sides:** Tomato Soup **16**, Side Salad **3**, Chilled Fruit **15**, 100% Fruit Juice **15**, **1%** Milk **12**, 1% **Choc** Milk **24**	**12/23** 	**12/24** 	**12/25** 
12/28 	**12/29** 	**12/30** 	**12/31** 	

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