



Augusta County Public Schools Elementary Breakfast Carbohydrate Counter

Food Choice/Item	Calories	Carbs (Grams)	Fiber (Grams)	Protein (Grams)	Fat (Grams)	Food Choice/Item	Calories	Carbs (Grams)	Fiber (Grams)	Protein (Grams)	Fat (Grams)
MAIN DISHES						MAIN DISHES					
Apple Cinnamon Bake	200	41	3	0	3	Muffin with String Cheese	229	28	0	10	9.3
Bagel, Plain	191	38	1	7	0.5	Oatmeal Bar	140	29	3	3	2.5
Belgian Waffle Sticks	141	29	2	3	2	Pancake & Sausage Nuggets	209	24	3	11	7
Biscuit with Jelly	304	46	1	6	10	Pancakes	218	39	1.5	7	3
Blueberry Muffin with Yogurt	229	51	0	5	0.5	Pancakes with Syrup	462	96	3.2	7.4	6.3
Breakfast Pizza	230	25	2	9	10	Sausage and Cheese Frittata	110	2	0	7	7
Breakfast Tac-Go	190	17	0	10	9	Sausage Biscuit	346	34	1.5	12	18
Cereal Bar	153	28	1.5	2	3.5	Scrambled Egg, Sausage and Toast	211	13	3	18	11
Cereal Breakfast Bar with Yogurt	263	50	1.3	5.3	3.5	Waffle Sticks with Syrup	269	60	2	3	2
Cereal with Graham Snacks	216	41	1.4	3.1	4.6	Waffles	190	32	1	4	5
Cereal with String Cheese	190	24	0.7	8.7	6.9	Warm Apple Roll	150	29	2	3	3
Cereal, Assorted	105	23	1	1	1	Whole Wheat Cinnamon Roll	210	34	3	5	7
Cereal/Biscuit with Jelly	409	69	1.6	7.3	12	SIDE DISHES					
Cereal/Graham Crackers	195	39	0.7	2.4	3.8	Fresh Fruit	40	11	2	0.3	0
Cereal/Yogurt	215	45	0.7	4.4	1.3	100% Fruit Juice (4 oz)	63	15	0	0.7	0
Cheese Omelet with Toast	193	13	3	14	10	Biscuit	254	33	1	6	10
Chicken Biscuit	330	34	2	12	17	Canned Fruit (1/2 cup)	72	18	1.25	0.5	0
Chicken Patty on a Biscuit	300	34	2	11	14	Canned Fruit, Assorted	72	18	1	1	0
Cinnamon Glazed Toast	220	31	0	9	7	Gogurt	80	13	0	2	2
Cinnamon or Strawberry Bagel	185	35	3	6	3.5	Graham Crackers	90	16	0	1	2.5
Egg & Bacon Biscuit	480	36	1.1	23	26	Syrup (1/4 cup)	220	56	0	0	0
Egg & Cheese Biscuit	363	35	1	15	17.4	Yogurt	110	22	0	3	0
Egg & Ham Biscuit	361	34	1	17	17	MILK					
French Toast	220	34	0	9	7	Unflavored Lowfat Milk (1%) 8 oz	110	13	0	9	2.5
French Toast Sticks	272	36	4	7	12	Strawberry Lowfat Milk (1%) 8 oz	140	24	0	7	2
French Toast Sticks with Syrup	316	58	0	6.4	6.4	Chocolate Lowfat Milk (1%) 8 oz	170	28	0	9	2.5
Ham Biscuit	351	34	1	22	14	Unflavored Nonfat Milk 8 oz	90	13	0	9	0
Muffin and Yogurt	275	50	1.5	6	5						

Carbohydrate counts are based on information obtained from manufacturers and school recipes and may vary due to product substitutions and/or recipe variations.