



Augusta County Public Schools Carbohydrate Counter Middle and High School Breakfast

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 of Strawberry Cinnamon Bake	200	41	3	0	3	Pancake & Sausage Nuggets	266	30	3.8	14	9
Apple Slices with Peanut Butter	226	17	4	8	16	Pancake & Sausage on a Stick	213	23	1	9	10
Assorted Cold Cereals and Graham Crackers	200	39	2	3	4	Pancakes	218	39	1.5	7	3
Bacon Egg & Cheese Biscuit	387	29	1	16	24	PB&J Uncrustable with String Cheese	412	35	3	16	22
Bagel, Plain	191	38	1	7	0.5	PB&J Uncrustable with Yogurt	438	56	3	12	16
Breakfast Burrito	190	15	0	9	10	Sausage & Egg Biscuit	379	41	0.4	16	17
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	281	26	1	11	15
Cereal, Assorted	105	23	1	1	1	Waffles	190	32	1	4	5
Cheese Omelet	110	1	0	8	8	SIDE DISHES					
Cherry Turnover	285	48	2.8	3	8.5	Selection of Fresh Fruit	89	24	5	0.66	0
Chicken Biscuit	330	34	2	12	17	Canned Fruit, Assorted	72	18	1	1	0
Cinnamon Glazed Toast	220	31	0	9	7	Hash Browns	130	14	2	1	8
Cinnamon or Strawberry Bageler	185	35	3	6	3	Selection of Fruit Juices	63	15	0	0.7	0
Cinnamon or Strawberry Bageler	185	35	3	6	3.5	Syrup	220	56	0	0	0
Egg & Bacon Breakfast Sandwich	232	22	5	13	13	Tater Rounds	170	19	2	2	10
Egg Biscuit	287	40	0	9	10	Warm Apple Roll	150	29	2	3	3
French Toast	220	34	0	9	7	Yogurt	110	22	0	3	0
French Toast Sticks	272	36	4	7	12						
Frudel Apple or Cherry	210	36	2	4	6						
Honey Bun	320	42	2	5	15	MILK					
Mini Cinnis	240	40	2	5	7	Unflavored Lowfat Milk (1%) 8 oz	110	13	0	9	2.5
Mini Pancakes Maple or Strawberry	200	34	2	4	6	Strawberry Lowfat Milk (1%) 8 oz	140	24	0	7	2
Muffin and Yogurt	278	50	4	6	6	Chocolate Lowfat Milk (1%) 8 oz	170	28	0	9	2.5
Oatmeal Bar	140	29	6	3	2.5	Unflavored Nonfat Milk 8 oz	90	13	0	9	0

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