



## Augusta County Public Schools Lunch Menu Carbohydrate Counter

Food Choice/Item

Calories

Carbs (Grams)

Fiber (Grams)

Protein (Grams)

Fat (Grams)

### MAIN DISHES

Asian Chicken Chunks	240	29	1	18	7
Asian Stir Fry Veggies	220	32	3	7	7
Baked Ham Sandwich	163	27	5	11	3
Baked Ham (no bread)	33	0	0	5	1
Beef & Bean Burrito with Salsa	346	50	8	17	9
Beef Steak & Cheese Sub	408	45	4	33	12
Beef Teriyaki Bites	150	6	0	12	8
Brookwood BBQ Sandwich	430	44	6	29	17
Cheese Filled Breadsticks w/ Sauce	365	34	4	19	17
Cheese Filled Breadsticks (2)	320	30	3	18	14
Pizza Sauce	45	4	1	1	3
Cheese Quesadilla	360	42	5	18	14
Salsa	22	4	1	1	0
Cheese Ravioli & Sauce w/ Breadstick	450	58	5	24	13
Cheese Ravioli w/ Sauce (no breadstick)	340	37	2	20	12
Breadstick	110	21	3	4	1
Cheeseburger on Bun	406	22	4	23	26
Cheeseburger (no bun)	306	0	0	18	25
Hamburger Bun	100	22	4	5	1
Chef's Salad with Club Crackers	227	22	2	10	12
Chef's Salad (no crackers)	107	6	2	9	6
Club Crackers	120	16	0	1	5
Chicken Fajita with Flatbread	248	26	3	21	4
Chicken Flatbread Sandwich	270	28	3	18	9
Chicken Pot Pie	309	12	1	50	9
Chicken Quesadilla	320	38	4	18	11
Salsa	22	4	1	1	0

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### MAIN DISHES

Chicken Rings w/ Roll	478	61	2	22	16
Chicken Rings (no roll)	232	13	0	16	13
Roll	246	48	2	6	3
Chili & Cheese Quesadilla w/ Salsa	292	40	8	18	8
Chili & Tortilla Chips	300	33	5	17	12
Chili (no chips)	180	11	3	15	9
Tortilla Chips	120	22	2	2	3
Coleslaw	66	9	2	1	3
Cornbread	201	34	1	6	5
Deli Club Sandwich	325	28	5	26	14
Egg Roll, Pork	300	27	3	15	15
Fish & Chips	310	38	2	16	10
Breaded Fish	150	13	0	14	4
Crinkle Cut Fries	160	25	2	2	6
General Tso's Chicken Stir Fry	150	12	0	17	6
Grilled Cheese Sandwich	554	29	5	31	37
Ham & Brown Beans with Cornbread	532	71	15	34	9
Ham	111	1	0	16	4
Brown Beans	220	36	14	12	0
Cornbread	201	34	1	6	5
Hamburger on Bun	300	22	4	17	17
Hamburger Patty (no bun)	200	0	0	12	16
Hamburger Bun	100	22	4	5	1
Homemade Lasagna & Breadstick	379	49	5	24	10
Homemade Lasagna (no breadstick)	269	28	2	20	9
Breadstick	110	21	3	4	1

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<b>MAIN DISHES</b>						Pizza, Pepperoni Wedge	270	32	4	16	10
Homemade Sloppy Joe Sandwich	457	54	10	30	17	Pizza, Stuffed Cheese Wedge	380	46	4	18	15
Sloppy Joe (no bun)	357	32	6	25	16	Rib-b-que Sandwich	370	45	3	21	15
Hamburger Bun	100	22	4	5	1	Rib-b-que (no roll)	190	9	1	14	12
Hot Meatball Sub	156	361	47	6	26	Hoagie Roll	180	36	2	7	3
Hot Meatball (no hoagie)	57	92	2	1	11	Roast Beef & Cheese Grinder	358	38	2	25	13
Cheese, Mozzarella	28	59	1	1	8	Roast Beef & Provolone Cheese	178	2	0	18	11
Hoagie, Hinge	71	210	44	4	7	Hoagie Roll	180	36	2	7	3
Italian Shells w/ Sauce & Breadstick	310	45	4	14	8	Salisbury Steak w/ Dinner Roll	386	51	3	16	13
Italian Shells w/ Sauce (no bread)	200	24	1	10	7	Salisbury Steak (no roll)	140	3	1	10	10
Breadstick	110	21	3	4	1	Dinner Roll	246	48	2	6	3
Italian Shells w/ Sauce & Roll	487	76	3	17	11	Scrambled Eggs, Sausage, Biscuit	420	32	1	22	22
Italian Shells w/ Sauce (no roll)	200	24	1	10	7	Scrambled Eggs	140	3	0	12	8
Spaghetti Sauce	23	5	1	1	1	Sausage	90	1	0	6	7
Roll	246	48	2	6	3	Biscuit	190	28	1	4	7
Nachos w/ Scoops (no cheese)	300	33	5	17	12	Spaghetti w/ Dinner Roll	333	67	5	10	4
Nachos w/ Scoops & Cheese	350	33	5	25	17	Spaghetti (no roll)	87	19	3	4	0
Oven Roasted Chicken with Roll	416	48	2	25	13	Dinner Roll	246	48	2	6	3
Oven Roasted Chicken (no roll)	170	0	0	19	10	Sweet & Sour Chicken Stir Fry	220	26	0	12	7
PB & J Stacker	697	87	11	25	34	Taco Lasagna					
Pizza, 5" Round Cheese	340	43	3	17	10	Turkey & Gravy w/ Roll	331	55	2	16	6
Pizza, 5" Round Pepperoni	350	43	3	18	11	Turkey & Gravy (no roll)	86	7	0	10	3
Pizza, Cheese Breakfast	190	22	3	9	7	Turkey Club & Tomato Soup	186	27	5	15	4
Pizza, Cheese Wedge	270	32	4	15	10	Turkey (no bread)	56	0	0	9	2
						White Wheat Bread	130	27	5	6	2
						Tomato Soup	120	21	4	3	3
						Turkey/Ham/Cheese Hoagie	375	37	2	27	15

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<b>SIDE DISHES</b>					
Selection of Fruit Juices	63	15	0	1	0
Steamed Spinach	9	1	1	1	0
Strawberry Pineapple Cup	44	11	1	1	0
String Cheese	80	0	0	7	5
Yogurt	110	22	0	3	0
<b>BREADS</b>					
Breadstick	107	23	1	3	2
Bun	100	21	5	5	2
Hot Dog Bun	106	18	4	5	2
Roll (2 oz)	164	32	1	4	2
Roll (3 oz)	245	48	2	6	3
Soft Pretzel	170	36	4	6	1
Sub Roll	230	44	2	9	3
<b>MILK</b>					
Unflavored Lowfat Milk (1%) 8 oz	110	13	0	9	3
Strawberry Lowfat Milk (1%) 8 oz	140	24	0	7	2
Chocolate Lowfat Milk (1%) 8 oz	170	28	0	9	3
Unflavored Nonfat Milk 8 oz	90	13	0	9	0

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<b>SIDE DISHES</b>					
Chilled Pears	80	20	2	0	0
Chilled Pineapple	69	17	1	1	0
Rotini Pasta Salad	69	10	2	2	2
Corn	90	19	1	3	2
Corn and Lima Beans	95	20	4	5	1
Cucumber Wheels w/ Dip	106	5	1	2	9
Mixed Fruit w/ Kiwi	62	16	2	0	0
Goldfish Crackers (whole grain)	100	14	1	3	4
Oriental Fried Rice	98	21	1	3	1
Graham Sticks	130	21	0	2	4
Green Beans	24	5	2	1	0
Kale, steamed	30	6	2	2	0
Mandarin Oranges	121	29	2	2	0
Mandarin Oranges w/ Strawberries	74	18	2	1	0
Mashed Potatoes	80	17	1	2	1
Potato Wedges, baked	150	18	3	2	7
Red Skinned Mashed Potatoes	88	15	2	2	2
Scalloped Potatoes	105	15	2	2	5

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