



Augusta County Elementary Schools Breakfast Menu - Nutritional Information

	Calories	Fat (Grams)	Sat.Fat (Grams)	Carbs (Grams)	Fiber (Grams)	Protein (Grams)	Iron (Mg)	Calcium (Mg)	Vitamin A (IU)	Vitamin C (Mg)
MAIN DISHES										
Bagel, Plain	191	0.5	0	38	1	7	2.7	60	0	0
Belgian Waffle Sticks	141	2	0.5	29	2	3	1.5	60	0	0
Blueberry Muffin w/ Yogurt	229	0.5	0	51	0	5	0.7	150	0	1.2
Breakfast Pizza	230	10	3.5	25	2	9	1.8	150	200	0
Breakfast Tac-Go	190	9	3.5	17	0	10	1.8	80	400	0
Cereal Bar	153	3.5	0.5	28	1.5	2	4.2	200	283	3.4
Cereal Bar w/ Yogurt	263	3.5	0.7	50	1.3	5.3	4.2	350	283	4.6
Cereal w/ Graham Snacks	216	4.6	0.9	41	1.4	3.1	4.5	60	572	7
Cereal w/ String Cheese	190	6.9	3.7	24	0.7	8.7	3.8	263	678	6.4
Cereal, Assorted	105	1	0.5	23	1	1	3.4	59	529	7.9
Cereal/Biscuit w/ Jelly	409	12	3.3	69	1.6	7.3	5.6	128	642	6.7
Cereal/Graham Crackers	195	3.8	0.6	39	0.7	2.4	4.4	159	533	6.4
Cereal/Yogurt	215	1.3	0.1	45	0.7	4.4	3.7	290	533	7.6
Cheese Omelet with Toast	193	10	4	13	3	14	3	325	414	0
Chicken Biscuit	330	17	4	34	2	12	2.4	60	60	0
Chicken Pattie on a Biscuit	300	14	3	34	2	11	2.4	40	60	0
Cinnamon Glazed Toast	220	7	2	31	0	9	2.7	20	200	0
Cinnamon or Strawberry Bageler	185	3.5	2	35	3	6	1.1	10	0	0
Egg & Bacon Biscuit	371	19	6	34	1	14	3	99	371	0.4

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MAIN DISHES										
Egg & Cheese Biscuit	363	17.4	5.9	35	1	15	2.8	174	521	0.3
Egg & Ham Biscuit	361	17	5	34	1	17	3	102	383	0.3
French Toast	220	7	1.5	34	0	9	2	20	205	0
French Toast Sticks	272	12	2	36	4	7	1.4	600	0	0
French Toast Sticks w/ Syrup	316	6.4	1.7	58	0	6.4	2	29	100	0
Ham Biscuit	351	14	4	34	1	22	2.6	77	145	0.3
Muffin and Yogurt	275	5	1	50	1.5	6	5.4	340	1251	16.2
Muffin w/ String Cheese	229	9.3	4	28	0	10	0.8	215	145	0
Oatmeal Bar	140	2.5	0.5	29	3	3	3.6	200	1000	0
Pancake & Sausage Nuggets	209	7	2	24	3	11	1.8	0	0	0
Pancakes	230	6	1	38	3	7	8.1	10	0	0
Pancakes w/ Syrup	462	6.3	1.1	96	3.2	7.4	8.5	11	0	0
Sausage and Cheese Frittata	110	7	3	2	0	7	0.7	65	360	0
Sausage Biscuit	346	18	5.6	34	1.5	12	2.1	84	121	0.5
Waffles	190	5	1.5	32	1	4	3	300	0	0
Waffle Sticks	140	2	0.5	29	2	3	1.45	60	0	0
Warm Apple Roll	150	3	1	29	2	3	1.1	20	0	1.2
Whole Wheat Cinnamon Roll	210	7	1.5	34	3	5	1.8	80	1500	0

We strive to provide the most accurate information however nutritional content of menu items may vary due to variations in recipes, product and seasonal availability, and or substitutions. Some calculations reflect averages of available flavors. If you have any questions regarding nutritional analyses, please contact the Augusta County School Nutrition Program.

