



Augusta County Elementary Schools Lunch 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)
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MAIN DISHES

Bean & Cheese Burrito	355	8	4	54	6	16	4.2	172	350	1.8
Beanie Weenies	229	9	3	27	4	11	1.7	40	128	0.7
Biscuit with Jelly	304	10	3	46	1	6	1.9	69	109	0.3
Cheesy Breadstick & Pizza Sauce	340	14	5	37	5	17	2.9	300	400	4.8
Cheeseburger on a Bun	324	19	8	22	5	20	3.9	328	200	0
Chef Salad	134	6	3	7	2	14	1.4	139	1216	23.4
Chicken Nuggets	220	15	3.5	9	2	12	0.7	0	0	0
Chicken Pattie on Bun	319	14	4	30	5	21	3.9	266	21.5	0.5
Chicken Pattie (Unbreaded) on Bun	260	14	4	22	5	19	3.7	263	43	1
Chicken Tenders Wrap	322	14	3	32	0.5	18	7.1	91	16	0
Chili Cheese Nachos	337	17	6	27	5.5	18	7.2	150	777	10.4
Corn Dog	243	8	2	33	5	9	2.7	152	0	0
Ham & Cheese Sub	346	6.5	4	47	2	21	3	175	200	0
Hamburger on Bun	289	17	7	21	5	18	3.9	253	0	0
Hot Dog on a Bun	237	12	3.5	20	4	13	3	250	0	0
Hotpocket Chicken Fajita	407	12	5	51	2	25	3.3	289	437	0.5
Hotpocket Ham & Cheese	391	11	5	49	2	25	3.1	287	388	0.1
Hotpocket Pepperoni	623	35	14	50	2	26	4.2	232	369	0.1

MAIN DISHES

Macaroni & Cheese	203	8	4	21	1	12	0.8	309	330	0.6
Mexican Taco with Cheese & Salsa	349	20	7	17	0.5	24	2.1	298	462	4.3
PB & J Bar	320	17	4	32	2.2	11	1.6	41	0	0
PB & J Sandwich	418	23	4	45	8.5	17	4.3	315	0	0
PB & J Uncrustables	328	16	3	34	3	9	1.6	30	2	0
Pizza Dippers with Pizza Sauce	295	11	4	36	4	15	2.8	226	363	4.8
Popcorn Chicken	190	8	1.5	14	1	18	2.7	20	100	0
Quesadilla with Salsa	340	13.5	3.5	40	2.5	15	1.5	250	525	0
Salisbury Steak	178	14	5	1	0.5	13	1.9	27.2	139	0.5
Spaghetti with Meat Sauce	390	18	5.5	37	2.3	19	8.9	35	452	9.3
Teriyaki Chicken	145	4	1	8	1	19	1.6	32.2	75.4	0.22
Tossed Salad	30	0	0	7	2	1	0.6	30	3290	15
Tossed Salad with Tomato Wedges	45	0	0	10	3	2	0.8	38	3997	25.8
Turkey & Cheese Sub	312	6	2.5	45	2	19	3.4	183	215	2.6
Turkey & Ham Sub	340	8	4	50	3	17	3.3	155	1048	12.7

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.



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SIDE DISHES										
AuGratin Potatoes	130	1.5	0.5	25	2	3	0.4	43	0	6
Baby Carrots with Dip	131	9	2	11	3	2	0.4	41	4026	1.2
Baby Carrots & Celery Sticks with Dip	110	9	2	6	1	2	0.2	56	1191	1.5
Baby Lima Beans	110	0	0	20	7	6	1.8	40	100	15
Baked Apples with Cinnamon	80	0	0	19	2.5	0	0.1	3	0	0
Baked Beans	124	0.5	0	26	4	5	1.4	40	128	0.7
Baked Sun Chips	141	6	1	18	1	2	0.5	13	17	0
Broccoli	75	0	0	12	6	6	1.1	60	1201	126.1
Canned Fruit, Assorted	72	0	0	18	1	1	0.4	5	149	3.4
Chilled Peaches	70	0	0	17	1	1	0	0	300	1.2
Chilled Pears	80	0	0	20	2	0	0.4	0	0	1.2
Chilled Pineapple	69	0	0	17	1	1	0.7	20	98	8.9
Corn	90	2	0	19	1	3	0	0	281	2.4
Corn and Lima Beans	95	0.5	0	20	4	4.5	0.9	20	150	8.7
Cucumber Wheels with Dip	106	9	2	5	1	2	0.4	61	223	6
Fruit Cocktail with Kiwi	62	0	0	16	2	0	0.3	15	139	43.4
Gogurt	80	2	1	13	0	2	0	100	300	0
Goldfish (whole grain)	100	3.5	1	14	1	3	0.4	20	0	0

SIDE DISHES										
Graham Crackers	90	2.5	0.5	16	0	1	0.7	100	0	0
Graham Sticks	130	4	0.5	21	0	2	0.7	100	0	0
Green Beans	24	0	0	5	2	1	1	39	193	4.6
Kale, steamed	30	0	0	6	2	2	0.4	80	2000	15
Mandarin Oranges	121	0	0	29	1.5	2	1.1	30	151	36.2
Mandarin Oranges with Strawberries	74	0	0	18	1.5	1	0.7	22	80	42.5
Mashed Potatoes	80	1	0	17	1	2	0.4	22	0	3.6
Oatmeal Cookie	145	8	2	17	1	1	0.4	5	146	0
Potato Wedges, Baked	150	7	2	18	3	2	0.7	0	0	2.4
Red Skinned Mashed Potatoes	88	2	0.8	15	1.5	2	0.3	18	0	2.9
Selection of 100% Fruit Juices	63	0	0	15	0	0.7	0	0	0	10
Steamed Spinach	9	0.1	0	1	0.7	1	0.8	30	2796	8.4
Strawberry Pineapple Cup	44	0.1	0	11	1.3	1	0.5	15	48	28.3
String Cheese	80	5	3	0	0	7	0	200	200	0
Tomato Soup	101	1.5	0.4	19	1.4	3	1.4	40	1383	22.9
Yogurt	110	0	0	22	0	3	0	300	0	1.2

