



Augusta County Middle & High 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										
Apple Slices with Peanut Butter	226	16	3	17	4	8	0.7	11	45	2.2
Assorted Cold Cereals and Graham Crackers	200	4	0.5	39	2	3	7.9	353	367	3.2
Bacon Egg & Cheese Biscuit	387	24	7.8	29	1	16	1.8	135	350	0.2
Bagel, Plain	191	0.5	0	38	1	7	2.7	60	0	0
Breakfast Burrito	190	10	4	15	0	9	1.4	114	371	0
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, Assorted	105	1	0.5	23	1	1	3.4	59	529	7.9
Cherry Turnover	285	8.5	2.4	48	2.8	3	1.8	28	180	3.4
Chicken Biscuit	330	17	4	34	2	12	2.4	60	60	0
Cinnamon Glazed Toast	220	7	2	31	0	9	2.7	20	200	0
Egg & Bacon Breakfast Sandwich	232	13	4	22	5	13	3	270	200	0.2
Egg Biscuit	287	10	3	40	0	9	2.7	102	283	0.4
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
Muffin and Yogurt	278	6	1	50	2	6	5.4	340	1251	16.2
Oatmeal Bar	140	2.5	0.5	29	3	3	3.6	200	1000	0

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MAIN DISHES										
Pancake & Sausage Nuggets	266	9	2.5	30	3.8	14	2.3	0	0	0
Pancake & Sausage on a Stick	213	10	4	23	1	9	1.1	0	0	0
Pancakes	218	3	0.5	39	1.5	7	3.3	46	29	0
Sausage & Egg Biscuit	379	17	5	41	0.4	16	2.9	117	295	0.6
Sausage and Cheese Frittata	110	7	3	2	0	7	0.7	65	360	0
Sausage Biscuit	334	14	4	40	0.4	13	2	97	95	0.6
Waffles	190	5	1.5	32	1	4	3	300	0	0
Whole Grain Cinnamon Bun	210	7	1.5	34	3	5	1.8	80	1500	0
MILK										
Unflavored Lowfat Milk (1%) 8 oz	110	2.5	1.5	13	0	9	0	300	500	2.4
Strawberry Lowfat Milk (1%) 8 oz	140	2	1.5	24	0	7	0	250	500	1.2
Chocolate Lowfat Milk (1%) 8 oz	170	2.5	1.5	28	0	9	0	300	500	1.2
Unflavored Nonfat Milk 8 oz	90	0	0	13	0	9	0	300	500	2.4

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.

