# Augusta County Middle and High Schools
## Lunch Menu - Nutritional Information

| MAIN DISHES | Calories | Fat (Grams) | Sat.Fat (Grams) | Carbs(Grams) | Fiber (Grams) | Protein (Grams) | Iron (Mg) | Calcium (Mg) | Vitamin A (IU) | Vitamin C (Mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Cheeseburger on a Bun | 324 | 19 | 8 | 22 | 5 | 20 | 3.9 | 328 | 200 | 0 |
| 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 | 374 | 15 | 4 | 40 | 0.5 | 20 | 2.9 | 162 | 16 | 0 |
| Corn Dog | 243 | 8 | 2 | 33 | 5 | 9 | 2.7 | 152 | 0 | 0 |
| Cucumber Coins & Baby Carrots with Dip | 134 | 10 | 2 | 8 | 2 | 2 | 0.3 | 43 | 2118 | 2.5 |
| Double Decker PB & J Sandwich | 660 | 35 | 6 | 75 | 13 | 25 | 6.5 | 472 | 0 | 0 |
| Grilled Chicken Pattie | 171 | 9 | 2.5 | 4 | 0 | 18 | 1.1 | 13 | 33 | 0.9 |
| 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 |
| Lasagna Rollup | 260 | 9 | 4.5 | 32 | 2 | 8 | 1.8 | 100 | 700 | 0 |
| Oriental Spinach Salad | 662 | 35 | 5.5 | 62 | 6 | 27 | 5.5 | 181 | 5494 | 38.5 |
| PB & J Uncrustables | 328 | 16 | 3 | 34 | 3 | 9 | 1.6 | 30 | 2 | 0 |
| Pepperoni Pizza Strips | 420 | 10 | 4 | 61 | 3 | 23 | 4.3 | 200 | 400 | 4.8 |
| Philly Cheese Sub | 464 | 18 | 9 | 36 | 4 | 30 | 10.7 | 316 | 236 | 1 |
| Pizza | 341 | 12 | 4 | 39 | 3 | 18 | 3.6 | 283 | 400 | 0 |
| Popcorn Chicken | 190 | 8 | 1.5 | 14 | 1 | 18 | 2.7 | 20 | 100 | 0 |
| Rib-B-Que on Bun | 266 | 11 | 3 | 36 | 6.3 | 6 | 2.6 | 22 | 182 | 0.1 |

| MAIN DISHES | Calories | Fat (Grams) | Sat.Fat(Grams) | Carbs (Grams) | Fiber (Grams) | Protein (Grams) | Iron (Mg) | Calcium (Mg) | Vitamin A (IU) | Vitamin C (Mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Teriyaki Chicken | 145 | 4 | 1 | 8 | 1 | 19 | 1.6 | 32.2 | 75.4 | 0.22 |
| Salisbury Steak | 178 | 14 | 5 | 1 | 0.5 | 13 | 1.9 | 27.2 | 139 | 0.5 |
| Taco | 313 | 18 | 8.5 | 21 | 2.5 | 16 | 1.4 | 223 | 1435 | 12.5 |
| 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 |
| Tuna Chef Salad | 348 | 20 | 6 | 18 | 3 | 25 | 1.3 | 249 | 2900 | 24 |
| Vegetable Beef Soup | 71 | 1 | 0.3 | 15 | 2 | 2 | 0.8 | 29 | 1432 | 7 |

We strive to provide the most accurate information however nutritional content of menu items may vary due to variations in recipe, 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.

# Augusta County Middle and High Schools
## Lunch Menu - Nutritional Information

| SIDE DISHES | Calories | Fat (Grams) | Sat.Fat (Grams) | Carbs(Grams) | Fiber (Grams) | Protein (Grams) | Iron (Mg) | Calcium (Mg) | Vitamin A (IU) | Vitamin C (Mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 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 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 |
| Goldfish (whole grain) | 100 | 3.5 | 1 | 14 | 1 | 3 | 0.4 | 20 | 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 |

| SIDE DISHES | Calories | Fat (Grams) | Sat.Fat(Grams) | Carbs (Grams) | Fiber (Grams) | Protein (Grams) | Iron (Mg) | Calcium (Mg) | Vitamin A (IU) | Vitamin C (Mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 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 |
| 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 |
| Scalloped Potatoes | 105 | 5 | 2 | 15 | 1.5 | 1.5 | 0.3 | 18 | 181 | 9.2 |
| 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 |
| Yogurt | 110 | 0 | 0 | 22 | 0 | 3 | 0 | 300 | 0 | 1.2 |
| | | | | | | | | | | |
| **BREADS** | | | | | | | | | | |
| Breadstick | 107 | 1.5 | 0.5 | 23 | 0.8 | 3 | 0.9 | 24 | 18.7 | 3.9 |
| Bun | 100 | 2 | 0.5 | 21 | 5 | 5 | 2.7 | 250 | 0 | 0 |
| Hot Dog Bun | 106 | 1.5 | 0 | 18 | 4 | 5 | 2.7 | 250 | 0 | 0 |
| Roll | 245 | 3 | 0.6 | 48 | 1.7 | 6 | 2.6 | 22 | 182 | 0.1 |
| Soft Pretzel | 170 | 1 | 0 | 36 | 4 | 6 | 3.6 | 20 | 0 | 0 |
| Sub Roll | 230 | 2.5 | 0.5 | 44 | 2 | 9 | 2.7 | 100 | 0 | 0 |

# Augusta County Middle and High 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) |
|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| | Calories | Fat (Grams) | Sat.Fat(Grams) | Carbs (Grams) | Fiber (Grams) | Protein (Grams) | Iron (Mg) | Calcium (Mg) | Vitamin A (IU) | Vitamin C (Mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | |