

# Woodburn School District Nutrition Services - WOODBURN HIGH

## Nutritional Analysis

### Lunch Menu    November 2022

(Values may change due to vendor product substitutions)

Served Daily	Portion Size	Cals	Total Fat	S-Fat	T-Fat	Mg Cholst	Mg Sodium	Gr Fiber	Gr Protein	Gr Carbs	% Vit-A	% Vit-C	% Calcm	% Iron
Fruit - Fresh /avg	1 serving	85	0	0	0	0	15	5	1	25	2	50	0	2
Fruit - Canned /avg	1/2 cup	80	0	0	0.1	0	5	1.5	0.2	16	0	25	0	3
Vegetable - Fresh	1/2 cup	24	0	0	0	0	25	1.5	1	9	10	25	1	1
Milk, 1% White	8oz	100	2.5	1.5	0	10	120	0	8	11	10	2	30	0
Milk, Skim White	8oz	90	0	0	0	5	135	0	9	13	10	2	30	0
Milk, NF Chocolate	8oz	130	0.5	0	0	4	230	0	8	25	10	0	30	0

Mon 11/7 11/14 11/28	Portion Size	Cals	Total Fat	S-Fat	T-Fat	Mg Cholst	Mg Sodium	Gr Fiber	Gr Protein	Gr Carbs	% Vit-A	% Vit-C	% Calcm	% Iron
WG Chicken Sandwich	5.54oz	410	16.5	2.5	0	25	590	6	23	43	NA	NA	6	20
or Pulled Pork Sandwich	6.5oz	360	10.07	3.42	0	51.17	1200.81	6.09	24.18	45.65	NA	NA	NA	NA
or Bean & Cheese Burrito	5.2oz	320	8.79	3.54	0	14.94	475	8.17	16.71	44.17	6	2	15	20
or Chef Salad	1 each	247	17	3	0	95	547	2	14	10	76	8	11	1
& WW Roll	2oz	110	1.5	0.5	0	0	190	5	5	22	0	0	6	6
or Bean Dip	6oz	160	3	0	0	0	380	8	6	24	NA	NA	4	12
& Tortilla Chips	2oz	280	14	6	0	0	300	2	4	34	NA	NA	4	4

Tues 11/1 11/8 11/15 11/29	Portion Size	Cals	Total Fat	S-Fat	T-Fat	Mg Cholst	Mg Sodium	Gr Fiber	Gr Protein	Gr Carbs	% Vit-A	% Vit-C	% Calcm	% Iron
Pizza*	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or Chili Relleno Burrito	7.66oz	404.17	14.66	6.4	0	20.98	692.29	8.09	17.12	52.04	8	40	30	20
or Chinese Take-Out	10.8oz	309	4.71	0.55	0	49.7	411	2	21.2	54.6	NA	NA	2	9
or Chicken Caesar Salad	1 ea	368	30	6.5	0	79	639	0.5	22	3	72	3	13	1
& WW roll	1oz	70	0.5	0	0	0	90	1	3	12	0	2	2	4
or Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

<b>Wed</b> 11/2 11/9 11/16 11/30	Portion Size	Cals	Total Fat	S-Fat	T-Fat	Mg Cholst	Mg Sodium	Gr Fiber	Gr Protein	Gr Carbs	% Vit-A	% Vit-C	% Calcm	% Iron
Cheeseburger	1 each	339	13	15	0	48	824	5	25	33	45	0	84	3
or Chili Relleno Burrito	7.66oz	404	14.66	6.4	0	20.98	692.29	8.09	17.12	52.04	8	40	30	20
or Deli Sandwich	5.53oz	325	11.24	3.42	0.04	59.98	1278.33	2.17	22.13	32.43	NA	NA	NA	NA
or Garden Salad	1 ea	316	23.67	7.52	0	30	318.81	4.46	13.92	13.06	NA	NA	NA	NA
& WW Roll	2oz	110	1.5	0.5	0	0	190	5	5	22	0	0	6	6
or WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10

<b>Thurs</b> 11/3 11/10 11/17	Portion Size	Cals	Total Fat	S-Fat	T-Fat	Mg Cholst	Mg Sodium	Gr Fiber	Gr Protein	Gr Carbs	% Vit-A	% Vit-C	% Calcm	% Iron
Turkey Gravy	3.95oz	120	6	2	0	55	460	0	15	2	0	0	2	4
& Mashed Potatoes	1/2 cup	98	0	0	0	0	32.9	2	2	21.5	9	29.3	2.4	0.36
& WG Roll	2oz	140	1	0	0	0	180	2	6	24	0	0	4	8
or Taco Snack	4.75oz	326.11	14.21	5.75	0	35.53	554.55	5.36	17.11	33.27	2	0	10	20
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
or Chicken Caesar Salad	1 ea	368	30	6.5	0	79	639	0.5	22	3	72	3	13	1
& WW roll	1oz	70	0.5	0	0	0	90	1	3	12	0	2	2	4
or Yogurt	8oz	140	0	0	0	>10	120	0	6	28	NA	NA	20	0
& WW Bagel	2oz	150	1	0	0	0	300	4	8	30	NA	NA	0	8

<b>Fri</b> 11/18	Portion Size	Cals	Total Fat	S-Fat	T-Fat	Mg Cholst	Mg Sodium	Gr Fiber	Gr Protein	Gr Carbs	% Vit-A	% Vit-C	% Calcm	% Iron
Pozole*	1 cup	225	5.11	1.28	0	22.17	1092.75	3.89	10.81	35.26	219.66	2.94	21.87	0.52
or Pizza Sticks	2 each	500	16	9	0	50	1060	2	22	64	NA	NA	256	20
or Turkey & Cheese Sandwich	5.53oz	325	11.24	3.42	0.04	59.98	1278.33	2.17	22.13	32.43	NA	NA	NA	NA
or Hummus	4.5oz	170	3.5	0	0	0	150	7	9	27	NA	NA	4	15
& Veggies	1/2 cup	24	0	0	0	0	25	1.5	1	9	10	25	1	1
& WW Flatbread	2.2oz	180	5	1	0	0	330	3	6	28	NA	NA	0	45
or Vegan Burrito	5.5oz	254	3.7	0.5	0	0	397	8.5	13.5	44.5	4	4	8	20

\* May contain Pork product

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