

Woodburn School District Nutrition Services

Nutritional Analysis

Lunch Menu August 2022 - 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 8/29 9/26 10/24 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
Hamburger	4.05oz	283	11.04	4.01	0	40	375.76	4.08	17.12	30.6	NA	NA	NA	NA
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

Tues 8/30 9/27 10/25 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 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 Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

Wed 8/31 9/28 10/26 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
Chicken Strips	3 strips	190	9	2	0	35	380	2	16	14	0	0	2	10
& WW Roll	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	4
or WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10
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

Thurs 9/1 9/29 10/27	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
Enchiladas & Spanish Rice	11.5oz	600	22	7.7	0	65	750	9	32	70	NA	NA	25	20
or Yogurt	4oz	70	0	0	0	>5	60	0	3	13	NA	NA	10	0
& String Cheese	1oz	60	2.5	2	0	10	200	0	9	1	0	0	0	0
WW Bagel	2oz	150	1	0	0	0	300	4	8	30	NA	NA	0	8
or Hummus	4.5oz	170	3.5	0	0	0	150	7	9	27	NA	NA	4	15
& Tortilla Chips	2oz	280	14	6	0	0	300	2	4	34	NA	NA	4	4

Fri 9/2 9/30 10/28	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
Hot Dog	4.2oz	288	14.35	4	0	24.7	833.1	4	13.9	29	NA	NA	NA	NA
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 Vegan Burrito	5.35oz	254	3.74	0.53	0	0	397	9	14	45	4	4	8	20

Mon 10/3 10/31	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
Teriyaki Chicken	2.8oz	99	2.21	0.55	0	49.7	331.6	0	12.15	6.63	NA	NA	NA	NA
& Yakisoba Noodles	1cup	210	2.5	0	0	0	80	2	9	48	0	0	2	9
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

Tues 8/6 10/4 11/1	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 Italian BMT Sub	3.40oz	245	8	2.5	0	45	635	2	16	25	NA	10	40	4
or Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

Wed 8/7 10/5 11/2	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
Philly Cheesesteak Sub	6.86oz	283	10	3.9	0	40	599	2	13	28	NA	NA	6	6
or WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10
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

Thurs 9/8 10/6 11/3	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
Spaghetti	8oz	339	16	6.5	1	55	378	4	19	29	NA	NA	NA	NA
& WW Breadstick	1.19oz	100	3.5	0.5	0	0	95	1	1	15	NA	NA	0	6
or Yogurt	4 oz	70	0	0	0	>5	60	0	3	13	NA	NA	10	0
& String Cheese	1oz	60	2.5	2	0	10	200	0	9	1	0	0	0	0
& WW Bagel	2oz	140	0.5	0	0	0	150	3	5	30	NA	NA	0	60
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

Fri 8/9 10/7	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
Sloppy Joe	8.2oz	361	11.04	4.01	0	37.8	1579	7.01	22.62	47.07	NA	NA	NA	NA
or Fish Sticks	4 ct	231	10.4	1.5	0	50	471.6	2.01	14.1	20.1	NA	NA	NA	NA
& WW Roll	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	4
or Vegan Burrito	5.35oz	254	3.74	0.53	0	0	397	9	14	45	4	4	8	20

Mon 8/12 10/10 11/7	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
Popcorn Chicken	4.3oz	270	13	3	0	70	610	3	19	17	0	0	10	1.3
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8

Tues 9/13 10/11 11/8	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 Deli Wrap	1 each	341	15.5	7	0	65	1061	4	20	32	31	2	29	3.5
or Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

Wed 9/14 11/9	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
Chicken Sandwich, WG	5.54oz	410	16.5	2.5	0	25	590	6	23	43	NA	NA	6	20
or WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10
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

Thurs 9/15 11/10	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
Nachos	6oz	451.95	30.41	6.61	0	53.9	1151.96	3.04	20.23	26.48	NA	NA	NA	NA
or Egg Pop	1 ct	70	5	1.5	0	170	55	0	6	1	NA	NA	2	6
& Cheese Cup	3oz	190	10	6	0	30	570	0	10	14	6	0	35	0
& Soft Pretzel	1 ct	140	0.5	0	0	0	150	3	5	30	NA	NA	0	60
or Hummus	4.5oz	170	3.5	0	0	0	150	7	9	27	NA	NA	4	15
& Tortilla Chips	2oz	280	14	6	0	0	300	2	4	34	NA	NA	4	4

Fri 9/16	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
Rib-B-Q Sandwich	4.4oz	298	11.04	3.51	0	45	669	5.08	18.12	36.6	NA	NA	NA	NA
or Tuna Salad Sandwich	6.3oz	314	9.12	1.81	0	32.07	745.01	4.65	20.43	39.6	NA	NA	NA	NA
or Vegan Burrito	5.35oz	254	3.74	0.53	0	0	397	9	14	45	4	4	8	20

Mon 9/19 10/17 11/14	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
Orange Chicken	3.9oz	190	4	1	0	45	380	2	14	25	0	0	0	8
& Brown Rice	4oz	55	0.5	0	0	0	5	0.5	1	11	0	0	5	0
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

Tues 9/20 10/18 11/15	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 Chicken Salad Sandwich	6.24oz	309	10.02	1.87	0	88	395.03	4.24	30.41	29.67	NA	NA	NA	NA
or Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

Wed 9/21 10/19 11/16	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
Meatball Sub	1ea	332	11	4	0.5	36	701	6	19	40	76	1	144	3
or WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10
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

Thurs 9/22 10/20 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	% Calc	% 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
& WW Roll	2oz	140	1	0	0	0	180	2	6	24	0	0	4	8
or Yogurt	4 oz	70	0	0	0	>5	60	0	3	13	NA	NA	10	0
& String Cheese	1oz	60	2.5	2	0	10	200	0	9	1	0	0	0	0
& WW Bagel	2oz	140	0.5	0	0	0	150	3	5	30	NA	NA	0	60
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

Fri 9/23 10/21 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	% Calc	% Iron
Cheeseburger	3.5oz	339	13	5	0	48	824	5	25	33	46	0	84	3
or Bean Burrito	7oz	272	3.5	0.5	0	0	657	7	10	50	34	2	45	4
or Vegan Burrito	5oz	275	3.5	0.5	0	0	657	7	10	50	35	2	45	3.5

* May contain Pork product

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