

# Woodburn School District Nutrition Services

## Nutritional Analysis

### Lunch Menu December 2022 - February 2023

(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 1/30 2/27	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
Chicken Quesadilla	2 wedge	240	9	4	0	35	460	2	15	26	NA	NA	15	10
or Pizza Pocket	4oz	290	11	4	0	20	420	1	14	34	NA	NA	10	10
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8

Tues 1/3 1/31 2/28	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
Pizza*	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or Yogurt & String Cheese	4oz	70	0	0	0	>5	60	0	3	13	NA	NA	10	0
WW Bagel	1oz	60	2.5	2	0	10	200	0	9	1	0	0	0	0
or Yogurt Parfait	2oz	150	1	0	0	0	300	4	8	30	NA	NA	0	8
	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

Wed 1/4 2/1	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
Macaroni & Cheese	6oz	315	12	6.75	0.38	34	1095	NA	18.75	36	NA	NA	34	7.5
& 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

<b>Thurs 1/5 2/2</b>	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
Country Fried Steak	3.8oz	300	20	6	1	50	580	1	15	16	2	0	2	15
& Gravy	1oz	20	1.5	0.25	0.75	0	115	0	0	2	0	0	0	1
& 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	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	4
or Peanut Butter Cup	2 ct	400	34	8	0	0	300	2	12	18	NA	NA	NA	NA
& WW Soft Pretzel	2oz	140	0.5	0	0	0	150	3	5	30	NA	NA	0	60
or Pizza Pocket	4oz	290	11	4	0	20	420	1	14	34	NA	NA	10	10

<b>Fri 1/6</b>	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
Fish Nuggets	4oz	180	4	0	0	45	300	2	16	20	NA	NA	19	1
& WW Roll	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	4
or Sloppy Joe	8.2oz	361	11.04	4.01	0	37.8	1579	7.01	22.62	47.07	NA	NA	NA	NA
or Vegan Burrito	5.35oz	254	3.74	0.53	0	0	397	9	14	45	4	4	8	20

<b>Mon 1/9 2/6</b>	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

<b>Tues 1/10 2/7</b>	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 Ham & Cheese Sandwich	1 ct	305	10.89	4.57	0.16	74.18	1052.62	4.08	23.69	31.27	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 1/11 2/8	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
Chicken Nuggets	3.9oz	240	14g	2.5	0	20	470	3	13	16	NA	NA	4	10
& WG 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 Chef Salad	1 each	247	17	3	0	95	547	2	14	10	76	8	11	1
& WW roll	1oz	70	0.5	0	0	0	90	1	3	12	0	2	2	4

Thurs 12/1 1/12 2/9	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
Nachos	6oz	451.95	30.41	6.61	0	53.9	1151.96	3.04	20.23	26.48	NA	NA	NA	NA
or Peanut Butter Cup	2 ct	400	34	8	0	0	300	2	12	18	NA	NA	NA	NA
& WW Soft Pretzel	2oz	140	0.5	0	0	0	150	3	5	30	NA	NA	0	60
or Pizza Pocket	4oz	290	11	4	0	20	420	1	14	34	NA	NA	10	10

Fri 12/2 1/13 2/10	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
Hamburger	4.05oz	283	11.04	4.01	0	40	375.76	4.08	17.12	30.6	NA	NA	NA	NA
& Smiley Fries	2.41oz	130	4.5	0.5	0	0	180	2	2	20	NA	4	0	2
or Fish Sandwich	4.8oz	313	8.04	1.01	0.5	25	696	4.08	15.12	48.6	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 12/5 2/13	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
Beef Soft Tacos	2 ct	260	10	4	0	53	345	4	13	28	NA	NA	8	18
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 12/6 1/17 2/14	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
Pizza*	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
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 Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

<b>Wed 12/7 1/18 2/15</b>	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
BBQ Sandwich	6oz	293	5.5	1.2	0	42	770	9	24	40	NA	NA	2	10
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

<b>Thurs 12/8 1/19 2/16</b>	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 Alredo	1.5 cup	428	14.61	7.13	0	64.38	837.5	5.7	23.31	50.39	NA	NA	NA	NA
& Garlic Toast	1oz	70	2.5	0.5	0	0	95	1	2	11	NA	NA	0	4
or Peanut Butter Cup	2 ct	400	34	8	0	0	300	2	12	18	NA	NA	NA	NA
& WW Soft Pretzel	2oz	140	0.5	0	0	0	150	3	5	30	NA	NA	0	60
or Pizza Pocket	4oz	290	11	4	0	20	420	1	14	34	NA	NA	10	10

<b>Fri 12/9 1/20 2/17</b>	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 Chili	8oz	304	8.8	3.4	0	29	981	9.8	18.6	36	127	0	78.5	3.5
& Cornbread Stars	2 each	296	10	1.5	0	22	182	3	5	46	40	0	15	2.2
or Vegan Burrito	5.35oz	254	3.74	0.53	0	0	397	9	14	45	4	4	8	20

<b>Mon 12/12 1/23</b>	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

<b>Tues 12/13 1/24 2/21</b>	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

<b>Wed 12/14 1/25 2/22</b>	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	4.96oz	360	19	7.5	1	47.5	660	4	21.5	30	NA	NA	21	20
or WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10
or Chef Salad	1 each	247	17	3	0	95	547	2	14	10	76	8	11	1
& WW roll	1oz	70	0.5	0	0	0	90	1	3	12	0	2	2	4

<b>Thurs 12/15 1/26 2/23</b>	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
Tamale	5oz	330	14	3	0	60	580	4	18	31	45	NA	4	6
& Spanish Rice	1/4 cup	62	0.73	0.11	0	0	177.5	0.74	1.32	12.5	NA	NA	NA	NA
or Peanut Butter Cup	2 ct	400	34	8	0	0	300	2	12	18	NA	NA	NA	NA
& WW Soft Pretzel	2oz	140	0.5	0	0	0	150	3	5	30	NA	NA	0	60
or Pizza Pocket	4oz	290	11	4	0	20	420	1	14	34	NA	NA	10	10

<b>Fri 12/16 1/27 2/24</b>	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 Ripper	4oz	290	13	5	0	25	550	3	16	27	NA	NA	15	10
or Jalapeño Bites	4oz	270	10	5	0	35	430	0	18	28	NA	NA	32	1
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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