

Woodburn School District Nutrition Services

Nutritional Analysis

Breakfast 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
Cereal Choice /avg.	1oz	90	1.5	0.5	0	0	140	1	1	20	6	6	6	30
or Breakfast Bar /avg.	1.5oz	187	4.9	0.75	0	0	104	2	2.7	33	2	2	3	6
Goldfish Gram	1pkg	130	6	4	0	20	105	1	1	17	0	0	0	4
Cheese Cracker, RF	1oz	90	7	4.5	0	20	185	0	7	0	5	0	20	2
Fruit - Fresh /avg	1 serving	85	0	0	0	0	15	5	1	20	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
Milk, Skim White	8oz	90	0	0	0	5	135	0	9	13	10	2	30	0
Milk, 1% White	8oz	100	2.5	1.5	0	10	120	0	8	11	10	2	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
French Toast	2.6oz	170	4	1	0	125	290	2	8	25	NA	NA	4	10

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
WG Bagel	2oz	150	1	0	0	0	300	4	8	30	NA	NA	0	8
& Cream Cheese	1oz	40	3.5	2	0	10	105	0	2	2	NA	NA	2	0

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
Cinnamon Roll	2oz	180	1	0.5	0	5	140	3.09	5	37	NA	NA	2	6

Thurs 1/5 2/2	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
Breakfast Round	2.5oz	240	6	2	0	>5	210	6	5	43	NA	NA	NA	20

Fri 1/6	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
Peach Pancake Bowl	3.8oz	230	4.5	2.5	0	35	330	2	5	41	NA	NA	27	2

Mon 1/9 2/6	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
Breakfast Pizza	3.2oz	210	7	2	0	15	350	NA	9	27	NA	NA	10	10

Tues 1/10 2/7	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
Scrambled Eggs	2oz	100	7	2.5	0	160	230	0	8	2	6	0	6	4
Muffin	2oz	196	5.2	0.9	0	19	78	2.1	2.5	35	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
Breakfast Sandwich	3.9oz	210	8.5	3.5	0	200	555	2	10.5	23	NA	NA	13	6

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
Yogurt	4 oz	70	0	0	0	>5	60	0	3	13	NA	NA	10	0
& Muffin	2oz	196	5.2	0.9	0	19	78	2.1	2.5	35	NA	NA	NA	NA

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
Breakfast On a Stick	2.67oz	170	8	2	0	30	300	3	8	18	NA	NA	2	10

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
Frudel	2.29oz	210	6	1	0	5	260	2	4	36	NA	NA	0	8

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
Mini Filled Bagels	2.43oz	230	6	2	0	10	190	NA	6	42	2	0	2	8

Wed 12/7 1/18 2/15	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
Long John	3.57oz	470	21.5	10	0	0	445	3	9	66	NA	NA	2	10

Thurs 12/8 1/19 2/16	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
Breakfast Quesadilla	2.2oz	145.5	6.98	3.36	6.98	20.6	185.4	2.07	7.74	13.83	0	2	15	4

Fri 12/9 1/20 2/17	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
Waffles	2.46oz	200	5	1	0	0	170	3	4	37	NA	NA	4	6

Mon 12/12 1/23	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
Cinnamon Burst Bread	3.4oz	260	8	1.5	NA	0	240	2	5	45	NA	NA	10	6

Tues 12/13 1/24 2/21	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
Breakfast Burrito	2.5oz	151	6.3	2.65	0	46.9	198.4	2.5	7.8	16.7	NA	6	8	8

Wed 12/14 1/25 2/22	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
Breakfast Bun	2.6oz	270	10	4.5	0	0	280	3	6	38	NA	NA	35	2

Thurs 12/15 1/26 2/23	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
Mini Pancakes	3.17oz	210	6	1	0	10	310	4	4	35	NA	NA	4	20

Fri 12/16 1/27 2/24	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
Cereal	1oz	110	1.2	0	0	0	116	1.8	1.8	23.8	NA	NA	3.6	24
WG Crackers	.75oz	90	2.5	0	0	0	95	1	2	17	NA	NA	0	4

* May contain Pork product

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