

Woodburn School District Nutrition Services - WOODBURN HIGH

Nutritional Analysis

Lunch Menu 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 2/6 2/13 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
Cheeseburger	4.96oz	360	19	7.5	1	47.5	660	4	21.5	30	NA	NA	21	20
or Chicken Nuggets	10 ct	480	28	5	0	40	940	NA	26	32	NA	NA	8	20
WG Roll	1oz	70	1	0	0	0	140	2	3	13	NA	NA	2	6
or Pizza Pocket	4oz	290	11	4	0	20	420	1	14	34	NA	NA	10	10
or Chef Salad	1 each	247	17	3	0	95	547	2	14	10	76	8	11	1
& WW roll	2oz	70	0.5	0	0	0	90	1	3	12	0	2	2	4
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 2/7 2/14 2/21 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 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 Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10
or Chicken Caesar Salad	1 ea	368	30	6.5	0	79	639	0.5	22	3	72	3	13	1
& WW roll	2oz	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

Wed 2/1 2/8 2/15 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
WG Chicken Sandwich	5.54oz	410	16.5	2.5	0	25	590	6	23	43	NA	NA	6	20
or Pizza Sticks	2 each	500	16	9	0	50	1060	2	22	64	NA	NA	256	20
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 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	70	0.5	0	0	0	90	1	3	12	0	2	2	4
or WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10

Thurs 2/2 2/9 2/16 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
Nacho Supreme	4.5oz	415	9.8	3	0	12.5	813	2	11	37	0	0	7	9
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	2oz	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

Fri 2/10 2/17 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
Taco Pizza	5.44oz	360	14	6	0	25	710	4	17	43	91	0	241	3.1
or Fish Nuggets	6oz	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 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 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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