

Woodburn School District Nutrition Services

Nutritional Analysis

(Dinner 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	70	0	0	0	0	0	1	0	17	NA	NA	0	0
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
<i>Mondays</i>	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	6.24oz	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
<i>Tuesdays</i>	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
Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
<i>Wednesdays</i>	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
Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10
<i>Thursdays</i>	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

<i>Fridays</i>	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
PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10

* May contain pork product

This institution is an equal opportunity provider.