

Woodburn School District Nutrition Services - WOODBURN HIGH

Nutritional Analysis

Lunch Menu April 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 4/3 4/10 4/24 | 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 |
|-------------------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| Chicken Strips | 5 strips | 316 | 15 | 4 | 0 | 58 | 633 | 4 | 26 | 23 | 0 | 0 | 4 | 16 |
| & WG Roll | 1oz | 70 | 0.5 | 0 | 0 | 0 | 90 | 1 | 3 | 12 | 0 | 0 | 2 | 4 |
| or Ham & Cheese Pocket | 4oz | 290 | 11 | 4 | 0 | 20 | 420 | 1 | 14 | 34 | NA | NA | 10 | 10 |
| or Turkey & Cheese Sub | 1 ct | 305 | 10.89 | 4.57 | 0.16 | 74.18 | 1052.62 | 4.08 | 23.69 | 31.27 | NA | NA | NA | NA |
| 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 Vegan Nuggets | 8 ct | 336 | 19 | 8 | 0 | 0 | 544 | 8 | 19 | 20 | NA | NA | 96 | 5 |
| & WW roll | 2oz | 70 | 0.5 | 0 | 0 | 0 | 90 | 1 | 3 | 12 | 0 | 2 | 2 | 4 |

| Tues 4/4 4/11 4/18 4/25 | 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 BBQ Sandwich | 6oz | 293 | 5.5 | 1.2 | 0 | 42 | 770 | 9 | 24 | 40 | NA | NA | 2 | 10 |
| 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 Yogurt Parfait | 16oz | 518 | 5.48 | 0.82 | 0 | 0 | 248.77 | 6.09 | 12.11 | 103.13 | NA | NA | NA | NA |

| Wed 4/5 4/12 4/19 4/26 | 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 |
| or Chinese Take-Out | 10.8oz | 309 | 4.71 | 0.55 | 0 | 49.7 | 411 | 2 | 21.2 | 54.6 | NA | NA | 2 | 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 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 |
| or WW PB&J | 5.3oz | 600 | 33 | 7 | 0 | 64 | 530 | NA | 18 | 64 | NA | NA | 6 | 10 |

| Thurs 4/6 4/13 4/20 4/27 | 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 |
|------------------------------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| 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 |
| & WG Roll | 2oz | 140 | 1 | 0 | 0 | 0 | 180 | 2 | 6 | 24 | 0 | 0 | 4 | 8 |
| or Pizza Sticks* | 2 each | 500 | 16 | 9 | 0 | 50 | 1060 | 2 | 22 | 64 | NA | NA | 256 | 20 |
| or Grilled Cheese | 4.1oz | 280 | 10 | 6 | 0 | 30 | 580 | 3 | 18 | 31 | NA | NA | 45 | 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 |
| or Bean Dip | 6oz | 160 | 3 | 0 | 0 | 0 | 380 | 8 | 6 | 24 | NA | NA | 4 | 12 |
| & Tortilla Chips | 3oz | 280 | 14 | 6 | 0 | 0 | 300 | 2 | 4 | 34 | NA | NA | 4 | 4 |

| Fri 4/7 4/14 4/21 4/28 | 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 |
|----------------------------------|--------------|--------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| Cheeseburger | 4.96oz | 360 | 19 | 7.5 | 1 | 47.5 | 660 | 4 | 21.5 | 30 | NA | NA | 21 | 20 |
| or Chile Relleno Burrito | 7.66oz | 404.17 | 14.66 | 0 | 0 | 20.98 | 692.29 | 8.09 | 17.12 | 52.04 | 8 | 40 | 30 | 20 |
| or Grlld Chicken Ranch Wrap | 4oz | 325 | 17.5 | 4 | 0 | 48 | 643 | 3 | 12 | 33 | NA | NA | 79 | 2 |
| 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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