

Woodburn School District Nutrition Services - WOODBURN HIGH

Nutritional Analysis

Lunch Menu May 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 5/1 5/8 5/15 5/22	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
Cheeseburger	4.96oz	360	19	7.5	1	47.5	660	4	21.5	30	NA	NA	21	20
or Chicken Quesadilla & Tortilla Chips	2 wedge 2oz	240 280	9 14	4 6	0	35 0	460 300	2 2	15 4	26 34	NA NA	NA NA	15 4	10 4
or Deli Sub	5.53oz	325	11.24	3.42	0.04	59.98	1278.33	2.17	22.13	32.43	NA	NA	NA	NA
or Chicken Caesar Salad & WW roll	1 ea 1oz	368 70	30 0.5	6.5 0	0	79 0	639 90	0.5 1	22 3	3 12	72 0	3 2	13 2	1 4
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

Tues 5/2 5/9 5/16 5/23 5/30	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 Chinese Take-Out	10.8oz	309	4.71	0.55	0	49.7	411	2	21.2	54.6	NA	NA	2	9
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 & WW roll	1 ea 2oz	316 70	23.67 0.5	7.52 0	0	30 0	318.81 90	4.46 1	13.92 3	13.06 12	NA 0	NA 2	NA 2	NA 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 5/3 5/10 5/17 5/24 5/31	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	6oz	180	4	0	0	45	300	2	16	20	NA	NA	19	1
& WW Garlic Toast	1oz	70	2.5	0.5	0	0	95	1	2	11	NA	NA	0	4
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 Chicken Bacon Sandwich	1 each	375	15	5.5	0	95	735	2	34	26	NA	NA	4%	8%
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 WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10

Thurs 5/4 5/11 5/18 5/25	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
Pork Chop	3.35oz	260	17	4.5	0	40	330	2	16	11	NA	NA	40	2
& Spanish Rice	1 cup	248	2.92	0.44	0	0	710	2.96	5.28	50	NA	NA	NA	NA
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
or Taco Snack	4.75oz	326	14	5.75	0	35	554	5.36	17	33	2	0	35	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 Yogurt	8oz	140	0	0	0	>10	120	0	6	28	NA	NA	20	0
& WG Bagel	2oz	150	1	0	0	0	300	4	8	30	NA	NA	0	8

Fri 5/5 5/12 5/19 5/26	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
Birria Nachos	4.5oz	398	6.8	1.8	0	12.5	800	2	22	35	7	0	17	9
or Ham & Cheese Pocket	4oz	290	11	4	0	20	420	1	14	34	NA	NA	10	10
or Asian Wrap	1 each	440	19	4	0	42	649	5.8	12.9	49.1	31	43	83	4.8
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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