

Woodburn School District Nutrition Services

Nutritional Analysis

Breakfast Menu March 2023 - June 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 4/3 5/1	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
Mini Cinnis	2.29oz	240	7	1.5	0	0	270	3	4	40	NA	NA	2	8

Tues 4/4 5/2 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
WG Cheese Stix, 2ea	4.2oz	300	11	6	0	30	490	3	19	30	78	0	363	2

Wed 3/1 4/5 5/3 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
Breakfast Round	2.5oz	240	6	2	0	>5	210	6	5	43	NA	NA	NA	20

Thurs 3/2 4/6 5/4 6/1	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
Zee Zee Bar	2.2oz	250	9	1	0	0	80	3	4	39	NA	NA	21	1

Fri 3/1 4/7 5/5 6/2	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
French Toast Sticks	2.6oz	170	4	1	0	125	290	2	8	25	NA	NA	4	10

Mon 3/6 4/10 5/8 6/5	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

Tues 3/7 4/11 5/9 6/6	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
Sausage Cheddar Biscuit*	4.5oz	390	25	13.5	0	48	730	2	15	26	NA	NA	170	4

Wed 3/8 4/12 5/10 6/7	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
Waffles	2.46oz	200	5	1	0	0	170	3	4	37	NA	NA	4	6

Thurs 3/9 4/13 5/11 6/8	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
Mini Pancakes	3.17oz	200	6	1	0	10	370	2	4	34	0	0	4	6

Fri 3/10 4/14 5/12 6/9	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
Banana Bread	3.4oz	260	8	1.5	NA	0	240	2	5	45	NA	NA	10	6

Mon 3/13 5/15 6/12	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

Tues 3/14 4/18 5/16 6/13	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
Mini Filled Bagels	2.43oz	230	6	2	0	10	190	NA	6	42	2	0	2	8

Wed 3/15 4/19 5/17 6/14	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
Cinnamon Roll	1 each	180	1.5	0.5	0	5	140	3	5	36	0	0	0	0

Thurs 3/16 4/20 5/18 6/15	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
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 3/17 4/21 5/19 6/16	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
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

Mon 3/20 4/24 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
Homemade Breakfast Sandwich	3.75oz	235	15.5	6	0	150	560	2	13	25	NA	NA	10	1

Tues 3/21 4/25 5/23	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
Peach Pancake Bowl	3.8oz	230	4.5	2.5	0	35	330	2	5	41	NA	NA	27	2

Wed 4/26 5/24	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
Long John	3.57oz	470	21.5	10	0	0	445	3	9	66	NA	NA	2	10

Thurs 4/27 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	% Calc	% 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 4/28 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	% Calc	% Iron
Oatmeal	1 each	140	0	0	0	0	31	3	1	35	0	0	0	0

* May contain Pork product

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