

Woodburn School District Nutrition Services

Nutritional Analysis

Lunch 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
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 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
Steak Fingers	4 ea	320	20	5	0	35	330	4	16	19	NA	NA	4	15
& WW Roll	1oz	70	0.5	0	0	0	90	1	3	12	0	2	2	4
or Hamburger	4.05oz	283	11.04	4.01	0	40	375.76	4.08	17.12	30.6	NA	NA	NA	NA
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	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
Pizza*	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
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 Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

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
Chicken Nuggets	6.24oz	240	14g	2.5	0	20	470	3	13	16	NA	NA	4	10
& WW Roll	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	4
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	0	2	4
or WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10

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
Meatballs	2.80oz	164	10	3.8	0	38	264	1	12	7	NA	NA	36	2
w/ Mashed Potatoes	1/2 cup	98	0	0	0	0	32.9	2	2	21.5	9	29.3	2.4	0.36
& WW 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 Yogurt	4oz	70	0	0	0	>5	60	0	3	13	NA	NA	10	0
& String Cheese	1oz	60	2.5	2	0	10	200	0	9	1	0	0	0	0
WW Bagel	2oz	150	1	0	0	0	300	4	8	30	NA	NA	0	8

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
Oven Fried Chicken	1 ea	190	11	2.5	0	50	450	1	16	5	2	NA	2	6
Potatoe Wedges	4oz	110	4	1	0	0	45	2	2	17	NA	NA	NA	NA
& WW Roll	2oz	70	0.5	0	0	0	90	1	3	12	0	0	2	4
or WW Soft Pretzel	2oz	140	0.5	0	0	0	150	3	5	30	NA	NA	0	60
& Cheese Sauce	1oz	108	74	4.6	8	28	395	0	7	2	389	0	203	0
or Vegan Burrito	5.35oz	254	3.74	0.53	0	0	397	9	14	45	4	4	8	20

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
Teriyaki Chicken	2.8oz	99	2.21	0.55	0	49.7	331.6	0	12.15	6.63	NA	NA	NA	NA
& Yakisoba Noodles	1cup	210	2.5	0	0	0	80	2	9	48	0	0	2	9
or Taco Snack	4.75oz	326	14	5.75	0	35	554	5.36	17	33	2	0	35	20
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	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
Pizza*	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or Chicken Salad Sandwich	5.1oz	309	10.02	1.87	0	88	395	4.24	30.4	29.7	NA	NA	NA	NA
or Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

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
WG Chicken Sandwich	5.54oz	410	16.5	2.5	0	25	590	6	23	43	NA	NA	6	20
or Jalapeño Bites	6oz	405	30	15	0	70	430	0	27	42	NA	NA	32	6
or WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10

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
Spaghetti & Meatballs	8oz	339	16	6.5	1	55	378	4	19	29	NA	NA	NA	NA
WG Breadstick	1.19oz	100	3.5	0.5	0	0	95	1	1	15	NA	NA	0	6
or Pizza Pocket	4oz	290	11	4	0	20	420	1	14	34	NA	NA	10	10
or Hummus	4.5oz	170	3.5	0	0	0	150	7	9	27	NA	NA	4	15
& Flatbread	1 ct (62g)	170	45	1	0	0	0	3	5	26	NA	NA	NA	NA

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
Cheeseburger	4.96oz	360	19	7.5	1	47.5	660	4	21.5	30	NA	NA	21	20
or Hot Dog	4.2oz	288	14.35	4	0	24.7	833.1	4	13.9	29	NA	NA	NA	NA
or Vegan Burrito	5.35oz	254	3.74	0.53	0	0	397	9	14	45	4	4	8	20

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
Beef Soft Tacos	2 ct	260	10	4	0	53	345	4	13	28	NA	NA	8	18
or Hamburger	4.05oz	283	11.04	4.01	0	40	375.76	4.08	17.12	30.6	NA	NA	NA	NA
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	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
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 Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

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
Meatball Sub	6oz	326	11.7	4.3	0	32.3	725	6.8	21	39	NA	NA	NA	NA
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 WG PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10

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
Nachos Supreme	6oz	451.95	30.41	6.61	0	53.9	1151.96	3.04	20.23	26.48	NA	NA	NA	NA
or Ham & Cheese Pocket	4oz	290	11	4	0	20	420	1	14	34	NA	NA	10	10
or Yogurt	4oz	70	0	0	0	>5	60	0	3	13	NA	NA	10	0
& String Cheese	1oz	60	2.5	2	0	10	200	0	9	1	0	0	0	0
WW Bagel	2oz	150	1	0	0	0	300	4	8	30	NA	NA	0	8

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
Fish Nuggets	5oz	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 Three Bean Chili	8oz	261	7	1.1	0	0	537	11	12	38	NA	NA	95	4
or Vegan Burrito	5.35oz	254	3.74	0.53	0	0	397	9	14	45	4	4	8	20

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
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 Sloppy Joe	8.2oz	361	11.04	4.01	0	37.8	1579	7.01	22.62	47.07	NA	NA	NA	NA
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

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
Pizza*	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or Deli Sandwich	5.53oz	325	11.24	3.42	0.04	59.98	1278.33	2.17	22.13	32.43	NA	NA	NA	NA
or Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

Wed 4/26 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
Cheeseburger	4.96oz	360	19	7.5	1	47.5	660	4	21.5	30	NA	NA	21	20
or WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10
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	0	2	4

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	% 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
& WW Roll	2oz	140	1	0	0	0	180	2	6	24	0	0	4	8
or Pizza Pocket	4oz	290	11	4	0	20	420	1	14	34	NA	NA	10	10
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

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	% Calcm	% Iron
Waffles, WG	2 ct	220	1	1	0	0	300	5	4	35	NA	NA	6	10
& Egg Patty	1 patty	50	3.5	1	0	100	125	0	3	0	NA	NA	21	0
& Sausage Links	2 links	230	22	8	0	45	370	0	7	1	0	0	0	2
Chicken Quesadilla	2 wedge	240	9	4	0	35	460	2	15	26	NA	NA	15	10
or Vegan Burrito	5oz	275	3.5	0.5	0	0	657	7	10	50	35	2	45	3.5

* May contain Pork product

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