

Woodburn School District Nutrition Services

Nutritional Analysis

Lunch Menu August 2023 - November 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 8/28 9/25	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
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
or Zesty Buffalo Ckn Wrap	1 ct	314	135	7.5	0	51	874	3.8	17.5	48.45	3	11.3	95	2.21

Tues 8/29 9/26	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
Pizza*	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or Turkey & Cheese 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 8/30 9/27	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
Chicken Strips	3 strips	190	9	2	0	35	380	2	16	14	0	0	2	10
& 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
or Chicken Strips	3 strips	190	9	2	0	35	380	2	16	14	0	0	2	10
& WW Garlic Toast	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	4

Thurs 8/31 9/28	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
-----------------	--------------	------	-----------	-------	-------	-----------	-----------	----------	------------	----------	---------	---------	---------	--------

Enchiladas & Spanish Rice	11.5oz	600	22	7.7	0	65	750	9	32	70	NA	NA	25	20
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
or Hummus Plate	4.5oz	170	3.5	0	0	0	150	7	9	27	NA	NA	4	15

Fri 9/1 9/29	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 Fish Sandwich	1 each	180	4	0	0	45	300	2	16	20	NA	NA	19	1
or Vegan Burrito	5.35oz	254	3.74	0.53	0	0	397	9	14	45	4	4	8	20

Mon 10/2 10/30	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
Teriyaki Chicken	2.8oz	99	2.21	0.55	0	49.7	331.6	0	12.15	6.63	NA	NA	NA	NA
& Brown Rice	4oz	55	0.5	0	0	0	5	0.5	1	11	0	0	5	0
or Pierogies	3 each	190	5	2.5	0	55	380	3	9	30	NA	NA	80	2
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

Tues 9/5 10/3 10/31	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
Cheese Pizza	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or Tuna Salad Sandwich	4oz	314	9	1.8	0	32	745	5	20	40	26	2	10	2
or Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

Wed 9/6 10/4 11/1	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
Beef in Red Sauce	4.86oz	223	9.5	3.4	0	40	504	2	15	17	19	NA	49	2
& Spanish Rice	1/4 cup	110	0	0	0	0	500	0	3	25	0	2	2	2
or WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10
or Chef Salad	1each	247	17	3	0	95	547	2	14	10	76	8	11	1

Thurs 9/7 10/5 11/2	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
Spaghetti & Meatsauce	8oz	339	16	6.5	1	55	378	4	19	29	NA	NA	NA	NA
& WW Garlic Toast	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	4
or Egg Pop	1 egg	70	5	1.5	0	170	55	0	6	1	6	0	2	2
& Cheese	1oz	60	2.5	2	0	10	200	0	9	1	0	0	0	0
& Soft Pretzel	2.2oz	140	0.5	0	0	0	150	3	5	30	0	2	2	10
or Beans & Cheese	4oz	188	75.5	4.6	8	28	585	4	10	14	389	0	228	1
& Tortilla Chips	2oz	280	14	6	0	0	300	2	4	34	NA	NA	4	4

Fri 9/8 10/6	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 Rippers	1each	270	10	4	0	30	570	4	18	27	8	6	20	4
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 Vegan Burrito	5.35oz	254	3.74	0.53	0	0	397	9	14	45	4	4	8	20

Mon 9/11 10/9 11/6	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
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 Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
or Chicken Quesadilla	2 wedge	240	9	4	0	35	460	2	15	26	NA	NA	15	10

Tues 9/12 10/10 11/7	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
Pizza*	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or Asian Chicken Crunch Wrp	4.5oz	418	4	1.5	0	40	806	4.8	22.5	55	3	11.3	107	3.21
or Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

Wed 9/13 11/8	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
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 WG PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10
& Doritos	1oz	130	5	1	0	0	200	2	2	20	NA	NA	40	0.3

or Chicken Caesar Salad	1 ea	368	30	6.5	0	79	639	0.5	22	3	72	3	13	1
-------------------------	------	-----	----	-----	---	----	-----	-----	----	---	----	---	----	---

Thurs 9/14 11/9	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
Nachos	6oz	451.95	30.41	6.61	0	53.9	1151.96	3.04	20.23	26.48	NA	NA	NA	NA
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
or Hummus Plate	4.5oz	170	3.5	0	0	0	150	7	9	27	NA	NA	4	15

Fri 9/15	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
Cheeseburger	4.96oz	360	19	7.5	1	47.5	660	4	21.5	30	NA	NA	21	20
or Fish Sticks	4 ct	231	10.4	1.5	0	50	471.6	2.01	14.1	20.1	NA	NA	NA	NA
& WW Roll	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	4
or Vegan Burrito	5.35oz	254	3.74	0.53	0	0	397	9	14	45	4	4	8	20

Mon 11/13	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
Beef Teriyaki Dippers	2.8	160	8	3.5	0.5	40	440	1	14	6	NA	NA	2	8
& Brown Rice	4oz	55	0.5	0	0	0	5	0.5	1	11	0	0	5	0
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
or Ultimate Deli Wrap	1 each	341	15.5	7	0	65	1061	4	20	32	31	2	29	3.5

Tues 9/19 10/17 11/14	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
Pizza*	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	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 9/20 10/18 11/15	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
Green Pork Carnitas	4.5oz	49	4	1.4	0	48	714	2	18	10	868	9	39	2
& Cilantro Brown Rice	4oz	55	0.5	0	0	0	5	0.5	1	11	0	0	5	0
or WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	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
-----------	-----	----	-----	---	---	---	----	---	---	----	---	---	---	---

Thurs 9/21 10/19 11/16	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
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 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
or Beans & Cheese	2oz	280	14	6	0	0	300	2	4	34	NA	NA	4	4
& Tortilla Chips														

Fri 9/22 10/20 11/17	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 Chicken Sandwich	5.54oz	410	16.5	2.5	0	25	590	6	23	43	NA	NA	6	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	5oz	275	3.5	0.5	0	0	657	7	10	50	35	2	45	3.5

* May contain Pork product

This institution is an equal opportunity provider.