

Woodburn School District Nutrition Services

Nutritional Analysis

Lunch Menu December 2023 - February 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	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 Chicken Quesadilla	2 wedge	240	9	4	0	35	460	2	15	26	NA	NA	15	10
or Pepperoni Pocket	5.5oz	350	14	7	0	40	540	1	20	36	NA	NA	369	2

Tues 1/9 2/6	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 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 1/10 2/7	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
Lasagna Roll Up														
& WG Garlic Toast	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 Caesar Salad	1 ea	368	30	6.5	0	79	639	0.5	22	3	72	3	13	1

Thurs 1/11 2/8	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 Alredo	1.5 cup	428	14.61	7.13	0	64.38	837.5	5.7	23.31	50.39	NA	NA	NA	NA
& Garlic Toast	1oz	70	2.5	0.5	0	0	95	1	2	11	NA	NA	0	4
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 Pizza Pocket	5.5oz	350	14	7	0	40	540	1	20	36	NA	NA	369	2

Fri 12/1 1/12 2/9	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
Fish Nuggets	6oz	180	4	0	0	45	300	2	16	20	NA	NA	19	1
& WW Roll	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	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 12/4 2/12	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
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 Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

Tues 12/5 1/16 2/13	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
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 12/6 1/17 2/14	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
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 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 12/7 1/18 2/15	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
Tamale	5oz	330	14	3	0	60	580	4	18	31	45	NA	4	6
& Spanish Rice	1/4 cup	62	0.73	0.11	0	0	177.5	0.74	1.32	12.5	NA	NA	NA	NA
or Bean Dip	6oz	160	3	0	0	0	380	8	6	24	NA	NA	4	12
& Doritos	1oz	130	5	1	0	0	200	2	2	20	NA	NA	40	0.3
or Pizza Pocket	5.5oz	350	14	7	0	40	540	1	20	36	NA	NA	369	2

Fri 12/8 1/19 2/16	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
Hamburger	4.05oz	283	11.04	4.01	0	40	375.76	4.08	17.12	30.6	NA	NA	NA	NA
& Smiley Fries	2.41oz	130	4.5	0.5	0	0	180	2	2	20	NA	4	0	2
or Hot Dog	1 ea	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 12/11 1/22	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
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 Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

Tues 12/12 1/23 2/20	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 12/13 1/24 2/21	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
Macaroni & Cheese	6oz	315	12	6.75	0.38	34	1095	NA	18.75	36	NA	NA	34	7.5
& Garlic Toast	1oz	70	2.5	0.5	0	0	95	1	2	11	NA	NA	0	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 12/14 1/25 2/22	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
Country Fried Steak	3.8oz	300	20	6	1	50	580	1	15	16	2	0	2	15
& Gravy	1oz	20	1.5	0.25	0.75	0	115	0	0	2	0	0	0	1
& 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 Hummus Plate	4.5oz	170	3.5	0	0	0	150	7	9	27	NA	NA	4	15
or Pizza Pocket	5.5oz	350	14	7	0	40	540	1	20	36	NA	NA	369	2

Fri 12/15 1/26 2/23	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
WG Chicken Sandwich	5.54oz	410	16.5	2.5	0	25	590	6	23	43	NA	NA	6	20
or Chili	8oz	304	8.8	3.4	0	29	981	9.8	18.6	36	127	0	78.5	3.5
& Cornbread Stars	2 each	296	10	1.5	0	22	182	3	5	46	40	0	15	2.2
or Vegan Burrito	5.35oz	254	3.74	0.53	0	0	397	9	14	45	4	4	8	20

Mon 2/26	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
Pierogies	3 ea	190	5	2.5	0	55	380	3	9	30	NA	NA	80	2
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

Tues 1/30 2/27	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
Pizza*	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or Ultimate Deli Wrap	1 ea	341	15.5	7	0	65	1061	4	20	32	31	2	29	3.5
or Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

Wed 1/3 1/31 2/28	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
Chicken Fajitas	3.4oz	122	4	2	0	74	606	0	18	2	NA	NA	NA	NA
& 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	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 1/4 2/1 2/29	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
Nachos	6oz	451.95	30.41	6.61	0	53.9	1151.96	3.04	20.23	26.48	NA	NA	NA	NA
or Yogurt & String Cheese	4oz	70	0	0	0	>5	60	0	3	13	NA	NA	10	0
WW Bagel	1oz	60	2.5	2	0	10	200	0	9	1	0	0	0	0
or Pizza Pocket	2oz	150	1	0	0	0	300	4	8	30	NA	NA	0	8
	5.5oz	350	14	7	0	40	540	1	20	36	NA	NA	369	2

Fri 1/5 2/2	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
Cheeseburger	4.96oz	360	19	7.5	1	47.5	660	4	21.5	30	NA	NA	21	20
or Jalapeño Bites	6oz	405	30	15	0	70	430	0	27	42	NA	NA	32	6
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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