

# Woodburn School District Nutrition Services

## Nutritional Analysis

### Breakfast Menu March 2024 - June 2024

(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 3/4 4/8 5/6 6/3	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 3/5 4/9 5/7 6/4	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 3/6 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
Long John	3.57oz	470	21.5	10	0	0	445	3	9	66	NA	NA	2	10

Thurs 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
Oatmeal Crunch Bar	2oz	110	3	1	0	5	80	1	2	18	NA	NA	58	1

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

Mon 3/11 6/10	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 3/12 4/16 5/14 6/11	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 Bun	2.9oz	240	7	3	NA	<5	280	3	5	40	NA	NA	4	6

Wed 3/13 4/17 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
Waffles	2.46oz	200	5	1	0	0	170	3	4	37	NA	NA	4	6

Thurs 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 Pancakes	3.17oz	200	6	1	0	10	370	2	4	34	0	0	4	6

Fri 3/15 4/19 5/17	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
Yogurt	4 oz	70	0	0	0	>5	60	0	3	13	NA	NA	10	0
& Granola	1oz	120	4.5	0	0	0	95	1	2	19	NA	NA	0	0.6

Mon 3/18 4/22 5/20	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
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 3/19 4/23 5/21	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
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

Wed 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
Chilaquiles w/ Eggs	6oz	280	18	4	0	345	655	2	13	17	NA	NA	75	7

<b>Thurs 4/25 5/23</b>	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

<b>Fri 4/26 5/24</b>	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
Cold Cereal	1oz	110	2	0	0	0	170	1	1	23	8	8	8	40
& Strawberries	1/2 cup	33	0	0	0	0	0	0	0	8	NA	4	4	NA

<b>Mon 4/1 4/29</b>	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

<b>Tues 4/2 4/30 5/28</b>	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

<b>Wed 4/3 5/1 5/29</b>	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
Frudel	2.29oz	210	6	1	0	5	260	2	4	36	NA	NA	0	8

<b>Thurs 4/4 5/2 5/30</b>	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

<b>Fri 3/1 4/5 5/3 5/31</b>	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
Quinoa Surprise	2oz	84	2	1	0	6	18	2	2	16	2	NA	6	2

\* May contain Pork product

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