

Woodburn School District Nutrition Services - WOODBURN HIGH SCHOOL

Nutritional Analysis

Lunch Menu May 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
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 4/6 4/20	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
Chicken Wings	5 ct	210	14	4	14	125	95	0	20	0	NA	NA	12	1
& WG Roll	2oz	140	1	0	0	0	180	2	6	24	0	0	4	8
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
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 Chicken Caesar Salad	1 ea	368	30	6.5	0	79	639	0.5	22	3	72	3	13	1
& WW Roll	2oz	70	0.5	0	0	0	90	1	3	12	0	2	2	4
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

Tues 4/7 4/14 4/21 4/28	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
Pizza*	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or Chinese Take-Out	10.8oz	309	4.71	0.55	0	49.7	411	2	21.2	54.6	NA	NA	2	9
or Bussin' Cheeseburger Em	5oz	310	10	4	0	25	690	4	16	37	NA	NA	176	3
or Garden Salad	1 ea	316	23.67	7.52	0	30	318.81	4.46	13.92	13.06	NA	NA	NA	NA
& WW roll	2oz	70	0.5	0	0	0	90	1	3	12	0	2	2	4
or Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

Wed 4/1 4/8 4/15 4/22 4/29	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
Chicken Patty Sandwich	1 serve	390	17	4	0	6	710	5	22	40	10	0	10	2.5
or Mango Chicken	3oz	86	2.5	0.1	0	139	139	0	6	9	4	12	0	0
& Popping Seed Rice	4oz	55	0.5	0	0	0	5	0.5	1	11	0	0	5	0
or Pizza Pocket	4oz	290	11	4	0	20	420	1	14	34	NA	NA	10	10
or Chef Salad	1 each	247	17	3	0	95	547	2	14	10	76	8	11	1
& WW roll	2oz	70	0.5	0	0	0	90	1	3	12	0	2	2	4
or WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10

Thurs 4/2 4/9 4/16 4/23 4/30	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
Birria Nachos	6oz	451.95	30.41	6.61	0	53.9	1151.96	3.04	20.23	26.48	NA	NA	NA	NA
or Baja Chicken Burrito	5.7oz	307	8.39	3.8	0	42.24	465.44	4.77	21.03	36.81	2	6	15	15
or Taco Snack	4.75oz	326.11	14.21	5.75	0	35.53	554.55	5.36	17.11	33.27	2	0	10	20
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	2	2	4
or Yogurt	8oz	140	0	0	0	>10	120	0	6	28	NA	NA	20	0
& WW Bagel	2oz	140	0.5	0	0	0	150	3	5	30	NA	NA	0	60

Fri 4/10 4/17 4/24 4/31	4/3	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
Cheeseburger		4.96oz	360	19	7.5	1	47.5	660	4	21.5	30	NA	NA	21	20
or Chicken Quesadilla		2 wedge	240	9	4	0	35	460	2	15	26	NA	NA	15	10
or Fish Sticks		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 Hummus		4.5oz	170	3.5	0	0	0	150	7	9	27	NA	NA	4	15
& Veggies		1/2 cup	24	0	0	0	0	25	1.5	1	9	10	25	1	1
& Flatbread		1 ct (62g)	170	45	1	0	0	0	3	5	26	NA	NA	NA	NA
or WW PB&J		5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10

* May contain Pork product

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