

# Woodburn School District Nutrition Services

## Nutritional Analysis

### Breakfast Menu Aug 2024 - Nov 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 9/9 10/7 11/4 | 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 |
|-------------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| Breakfast Pizza   | 3.31oz       | 210  | 7         | 2     | NA    | 15        | 480       | 2        | 9          | 26       | 4       | NA      | 10      | 10     |

| Tues 9/10 10/8 11/5 | 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 |
|---------------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| Mini Cinnis         | 2.29oz       | 240  | 7         | 1.5   | 0     | 0         | 270       | 3        | 4          | 40       | NA      | NA      | 2       | 8      |

| Wed 9/11 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 |
|-----------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| Breakfast Round | 2.5oz        | 240  | 6         | 2     | 0     | >5        | 210       | 6        | 5          | 43       | NA      | NA      | NA      | 20     |

| Thurs 9/12 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 |
|-----------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| Waffles         | 2.46oz       | 200  | 5         | 1     | 0     | 0         | 170       | 3        | 4          | 37       | NA      | NA      | 4       | 6      |

| Fri 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 |
|----------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| WG Bagel       | 2oz          | 150  | 1         | 0     | 0     | 0         | 300       | 4        | 8          | 30       | NA      | NA      | 0       | 8      |
| & Cream Cheese | 1oz          | 40   | 3.5       | 2     | 0     | 10        | 105       | 0        | 2          | 2        | NA      | NA      | 2       | 0      |

| Mon 9/16     | 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 |
|--------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| Cinnamon Bun | 3.4oz        | 260  | 8         | 1.5   | NA    | 0         | 240       | 2        | 5          | 45       | NA      | NA      | 10      | 6      |

| Tues 9/17 10/15 11/12       | 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 |
|-----------------------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| Homemade Breakfast Sandwich | 3.75oz       | 235  | 15.5      | 6     | 0     | 150       | 560       | 2        | 13         | 25       | NA      | NA      | 10      | 1      |

| Wed 9/18 10/16 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 |
|----------------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| 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     |

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

| Fri 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 |
|----------------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| Breakfast On a Stick | 2.67oz       | 170  | 8         | 2     | 0     | 30        | 300       | 3        | 8          | 18       | NA      | NA      | 2       | 10     |

| Mon 8/26 10/21 11/18 | 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      |

| Tues 8/27 9/24 10/22 11/19 | 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>Wed 8/28 9/25 10/23 11/20</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 |
|----------------------------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| Long John                        | 3.57oz       | 470  | 21.5      | 10    | 0     | 0         | 445       | 3        | 9          | 66       | NA      | NA      | 2       | 10     |

| <b>Thurs 8/29 9/26 10/24 11/21</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 Empanada                 | 3oz          | 200  | 9         | 3     | NA    | 70        | 310       | 2        | 10         | 25       | NA      | NA      | 150     | 1.4    |

| <b>Fri 8/30 9/27 10/25 11/22</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                  | 1oz          | 40   | 3.5       | 2     | 0     | 10        | 105       | 0        | 2          | 2        | NA      | NA      | 2       | 0      |

| <b>Mon 9/30 10/28</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 |
|-----------------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| Early Riser Hashbrown | 3oz          | 230  | 11        | 4     | 0     | 70        | 450       | 3        | 8          | 24       | NA      | NA      | 110     | 1.3    |

| <b>Tues 9/3 10/1 10/29</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>Wed 9/4 10/2 10/30</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 |
|---------------------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| 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    |

| <b>Thurs 9/5 10/3 10/31</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 |
|-----------------------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| Mini Pancakes               | 3.17oz       | 200  | 6         | 1     | 0     | 10        | 370       | 2        | 4          | 34       | 0       | 0       | 4       | 6      |

| <b>Fri 9/6 10/4</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 |
|---------------------|--------------|------|-----------|-------|-------|-----------|-----------|----------|------------|----------|---------|---------|---------|--------|
| Cinnamon Roll       | 2oz          | 180  | 1         | 0.5   | 0     | 5         | 140       | 3.09     | 5          | 37       | NA      | NA      | 2       | 6      |

\* May contain Pork product

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