

Woodburn School District Nutrition Services

Nutritional Analysis

Lunch Menu August 2024 - November 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 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
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 Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	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
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 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
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 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

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
Beef Soft Tacos	2 ct	260	10	4	0	53	345	4	13	28	NA	NA	8	18
& Spanish Rice	1/4 cup	110	0	0	0	0	500	0	3	25	0	2	2	2
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 9/13 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
Hot Dog	4.2oz	288	14.35	4	0	24.7	833.1	4	13.9	29	NA	NA	NA	NA
& WW Roll	1oz	70	0.5	0	0	0	90	1	3	12	0	2	2	4
BBQ Sandwich	6oz	293	5.5	1.2	0	42	770	9	24	40	NA	NA	2	10
or Bean & Cheese Burrito	5.2oz	290	8	3.5	0	15	480	8	16	41	NA	NA	NA	NA

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
Mango Chicken	84	150	4.5	0.3	0	0	333	0	0	27	12	36	0	0
& 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 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
Cheese Pizza	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or Italian Sub	5oz	350	17	5.4	0	70	1280	4	18	33	NA	NA	208	2.7
or Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

Wed 9/18 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
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 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 9/19 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
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 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	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 9/20 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
Sloppy Joe	8.2oz	361	11.04	4.01	0	37.8	1579	7.01	22.62	47.07	NA	NA	NA	NA
or Fish Sticks	4oz	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 Bean & Cheese Burrito	5.2oz	290	8	3.5	0	15	480	8	16	41	NA	NA	NA	NA

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
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 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
Pizza*	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or 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 8/28 9/25 10/23 11/20	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
WG Chicken Sandwich	5.54oz	410	16.5	2.5	0	25	590	6	23	43	NA	NA	6	20
or WG PB&J & Doritos	5.3oz 1oz	600 130	33 5	7 1	0	64 0	530 200	NA 2	18 2	64 20	NA NA	NA NA	6 40	10 0.3
or Chicken Caesar Salad	1 ea	368	30	6.5	0	79	639	0.5	22	3	72	3	13	1

Thurs 8/29 9/26 10/24 11/21	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
Nachos	6oz	451.95	30.41	6.61	0	53.9	1151.96	3.04	20.23	26.48	NA	NA	NA	NA
or WW Soft Pretzel & Cheese Sauce	2oz 1oz	140 108	0.5 74	0 4.6	0 8	0 28	150 395	3 0	5 7	30 2	NA 389	NA 0	0 203	60 0
or Hummus Plate	4.5oz	170	3.5	0	0	0	150	7	9	27	NA	NA	4	15

Fri 8/30 9/27 10/25 11/22	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
Cheeseburger	4.96oz	360	19	7.5	1	47.5	660	4	21.5	30	NA	NA	21	20
or Tuna Salad Sandwich or Bean & Cheese Burrito	4oz 5.2oz	314 290	9 8	1.8 3.5	0 0	32 15	745 480	5 8	20 16	40 41	26 NA	2 NA	10 NA	2 NA

Mon 9/30 10/28	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
Butter Chicken & Brown Rice	3oz 4oz	100 55	6.6 0.5	1.8 0	0 0	31 0	110 5	0 0.5	6 1	4 11	4 0	4 0	2 5	2 0
or Corn Dog or Grilled Cheese	4oz 4.1oz	240 280	9 10	2.5 6	0 0	40 30	470 580	2 3	9 18	30 31	NA NA	NA NA	8 45	8 10

Tues 9/3 10/1 10/29	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
Pizza*	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or Chicken Salad Sandwich or Yogurt Parfait	5.1oz 16oz	309 518	10.02 5.48	1.87 0.82	0 0	88 0	395 248.77	4.24 6.09	30.4 12.11	29.7 103.13	NA NA	NA NA	NA NA	NA NA

Wed 9/4 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
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 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
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 Beans & Cheese	2oz	280	14	6	0	0	300	2	4	34	NA	NA	4	4
& Tortilla Chips														

Fri 9/6 10/4	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
Pizza Pocket	5.5oz	350	14	7	0	40	540	1	20	36	NA	NA	369	2
or Garlic Cheese Sticks	4oz	260	10	4.5	0	29	420	5	14	29	NA	NA	308	2
or Bean & Cheese Burrito	5.2oz	290	8	3.5	0	15	480	8	16	41	NA	NA	NA	NA

* May contain Pork product

This institution is an equal opportunity provider.