

Woodburn School District Nutrition Services - WOODBURN HIGH SCHOOL

Nutritional Analysis

Lunch Menu August -September 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 8/26 9/9 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
Chicken Patty Sandwich	1 ct	390	17	4	0	6	710	5	22	40	10	0	10	2.5
or Pizza Sticks	2 each	500	16	9	0	50	1060	2	22	64	NA	NA	256	20
or Deli Sub	1 each	341	15.5	7	0	65	1061	4	20	32	31	2	29	3.5
or Chicken Caesar Salad & WW roll	1 ea 1oz	368 70	30 0.5	6.5 0	0 0	79 0	639 90	0.5 1	22 3	3 12	72 0	3 2	13 2	1 4
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

Tues 8/27 9/3 9/10 9/17 9/24	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
Mango Chicken	3oz	100	6.6	1.8	0	31	110	0	6	4	4	4	2	2
& Popping Seed Rice	4oz	55	0.5	0	0	0	5	0.5	1	11	0	0	5	0
or Bean & Cheese Burrito	5.2oz	320	8.79	3.54	0	14.94	475	8.17	16.71	44.17	6	2	15	20
or Garden Salad & WW roll	1 ea 2oz	316 70	23.67 0.5	7.52 0	0 0	30 0	318.81 90	4.46 1	13.92 3	13.06 12	NA 0	NA 2	NA 2	NA 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 8/28 9/4 9/11 9/18 9/25	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
Hot Dog	4.2oz	288	14.35	4	0	24.7	833.1	4	13.9	29	NA	NA	NA	NA
or Grlld Chicken Ranch Wrap	4oz	325	17.5	4	0	48	643	3	12	33	NA	NA	79	20
or Chef Salad	1 each	247	17	3	0	95	547	2	14	10	76	8	11	15
& WW roll	1oz	70	0.5	0	0	0	90	1	3	12	0	2	2	3.5
or WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10

Thurs 8/29 9/5 9/12 9/19 9/26	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
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 Pizza Pocket	4oz	290	11	4	0	20	420	1	14	34	NA	NA	10	10
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 8/30 9/6 9/13 9/20 9/27	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
Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
Potato Wedges	3oz	100	3	0	0	0	20	1	1	18	NA	NA	10	0.3
or Bussin' Cheeseburger Em	5oz	310	10	4	0	25	690	4	16	37	NA	NA	176	3
or Fish Sticks	6oz	180	4	0	0	45	300	2	16	20	NA	NA	19	3.5
& WW Roll	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	15
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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