

Woodburn School District Nutrition Services - WOODBURN HIGH SCHOOL

Nutritional Analysis

Lunch Menu December 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 12/2 12/9 12/16	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
Turkey Gravy	3.95oz	120	6	2	0	55	460	0	15	2	0	0	2	4
& Mashed Potatoes	1/2 cup	98	0	0	0	0	32.9	2	2	21.5	9	29.3	2.4	0.36
& WG Roll	2oz	140	1	0	0	0	180	2	6	24	0	0	4	8
or Buffalo Chicken Pocket	4.46oz	290	11	5	0	35	630	2	18	31	60	0	250	2.3
or Mini Pepperoni Pockets	3 each	350	13	6	0	35	590	1	18	41	0	0	254	2
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 Peanut Butter Cup	2 ct	400	34	8	0	0	300	2	12	18	NA	NA	NA	NA
& WW Bagel	2oz	140	0.5	0	0	0	150	3	5	30	NA	NA	0	60

Tues 12/3 12/10 12/17	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
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 Jalapeño Bites	6oz	405	30	15	0	70	430	0	27	42	NA	NA	32	6
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 12/4 12/11 12/18	Portion Size	Cals	Total Fat	S-Fat	T-Fat	Mg Cholst	Mg Sodium	Gr Fiber	Gr Protein	Gr Carbs	% Vit-A	% Vit-C	% Calc	% Iron
Chicken Strips	5 strips	190	9	2	0	35	380	2	16	14	0	0	2	10
& WW Biscuit	1oz	190	9	6	0	0	310	2	4	24	0	0	160	1.4
& WG Roll	2oz	140	1	0	0	0	180	2	6	24	0	0	4	8
or Meatlovers Stromboli	4.2oz	310	14	6	0	35	630	0	17	31	NA	NA	178	2
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	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 12/5 12/12 12/19	Portion Size	Cals	Total Fat	S-Fat	T-Fat	Mg Cholst	Mg Sodium	Gr Fiber	Gr Protein	Gr Carbs	% Vit-A	% Vit-C	% Calc	% Iron
Tamale	5oz	330	14	3	0	60	580	4	18	31	45	NA	4	6
& Spanish Rice	1/2 cup	62	0.73	0.11	0	0	177.5	0.74	1.32	12.5	NA	NA	NA	NA
or Pizza Sticks	2 each	500	16	9	0	50	1060	2	22	64	NA	NA	256	20
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
or Chicken Caesar Salad	1 ea	368	30	6.5	0	79	639	0.5	22	3	72	3	13	1
& WW Roll	2oz	110	1.5	0.5	0	0	190	5	5	22	0	0	6	6
or Yogurt	8oz	140	0	0	0	>10	120	0	6	28	NA	NA	20	0
& WW Pretzel	2oz	140	0.5	0	0	0	150	3	5	30	NA	NA	0	60

Fri 12/6 12/13 12/20	Portion Size	Cals	Total Fat	S-Fat	T-Fat	Mg Cholst	Mg Sodium	Gr Fiber	Gr Protein	Gr Carbs	% Vit-A	% Vit-C	% Calc	% Iron
Cheeseburger	4.96oz	360	19	7.5	1	47.5	660	4	21.5	30	NA	NA	21	20
or Bean & Cheese Burrito	5.2oz	320	9	3.5	0	15	470	8	17	44	NA	NA	171	4
or Ham & Cheese Sandwich	1 ct	305	10.89	4.57	0.16	74.18	1052.62	4.08	23.69	31.27	NA	NA	NA	NA
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
& Tortilla Chips	2oz	280	14	6	0	0	300	2	4	34	NA	NA	4	4
or Impossible Burger	1 ct	170	9	4	0	0	220	3	14	6	NA	NA	110	1.9

* May contain Pork product

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