

Woodburn School District Nutrition Services

Nutritional Analysis

Breakfast Menu March 2025 - June 2025

(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 3/17 4/21 6/9	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	3.2oz	210	7	2	0	15	350	NA	9	27	NA	NA	10	10

Tues 3/18 4/22 5/13 6/10	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

Wed 4/23 5/14 6/11	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

Thurs 4/24 5/15	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
Mini Cinnis	2.29oz	240	7	1.5	0	0	270	3	4	40	NA	NA	2	8

Fri 4/25 5/16	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
Cold Cereal	1oz	110	2	0	0	0	170	1	1	23	8	8	8	40
& Strawberries	1/2 cup	33	0	0	0	0	0	0	0	8	NA	4	4	NA

Mon 3/31 4/28 5/19	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

Tues 4/1 4/29 5/20	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
Chilaquiles w/ Eggs	6oz	280	18	4	0	345	655	2	13	17	NA	NA	75	7

Wed 4/2 4/30 5/21	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
French Toast Sticks	2.6oz	170	4	1	0	125	290	2	8	25	NA	NA	4	10

Thurs 4/3 5/22	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
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

Fri 4/4 5/23	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
Sausage Breakfast Bites	2 each	210	7	3	0	25	230	0	11	26	NA	NA	138	1

Mon 3/3 4/7	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
Breakfast Round	2.5oz	240	6	2	0	>5	210	6	5	43	NA	NA	NA	20

Tues 3/4 4/8 5/27	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
Mini Pancakes	3.17oz	200	6	1	0	10	370	2	4	34	0	0	4	6

Wed 3/5 4/9 5/28	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
Banana Bread	3.4oz	260	8	1.5	NA	0	240	2	5	45	NA	NA	10	6

Thurs 3/6 4/10 5/1 5/29	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
Breakfast Burrito	2.5oz	151	6.3	2.65	0	46.9	198.4	2.5	7.8	16.7	NA	6	8	8

Fri 3/7 5/2 5/30	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
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 3/10 5/5 6/2	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 Oatmeal	1 each	140	0	0	0	0	31	3	1	35	0	0	0	0

Tues 4/11 4/15 5/6 6/3	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
Waffles	2.46oz	200	5	1	0	0	170	3	4	37	NA	NA	4	6

Wed 3/12 4/16 5/7 6/4	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
French Toast Sticks	2.6oz	170	4	1	0	125	290	2	8	25	NA	NA	4	10

Thurs 3/13 4/17 5/8 6/5	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
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

Fri 3/14 4/18 5/9 6/6	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 Enpanada	4.5oz	145.5	6.98	3.36	6.98	20.6	185.4	2.07	7.74	13.83	0	2	15	4

* May contain Pork product

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