

Woodburn School District Nutrition Services - WOODBURN HIGH SCHOOL

Nutritional Analysis

Lunch Menu April 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
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 4/7 4/21 4/28	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
Chicken Fajitas	3.4oz	122	4	2	0	74	606	0	18	2	NA	NA	NA	NA
& Spanish Rice	1 cup	110	0	0	0	0	500	0	3	25	0	2	2	2
or Pizza Sticks	2 each	500	16	9	0	50	1060	2	22	64	NA	NA	256	20
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 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 Bean Samosas	2 each	554	9.8	1	0	0	536	14	22	98	6	24	8	42

Tues 4/1 4/8 4/15 4/22 4/29	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 Chinese Take-Out	10.8oz	309	4.71	0.55	0	49.7	411	2	21.2	54.6	NA	NA	2	9
or Deli Wrap	1 ea	341	15.5	7	0	65	1061	4	20	32	31	2	29	3.5
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 4/2 4/9 4/16 4/23 4/30	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
Garlic French Bread	4.50oz	368	19	8	19	38	447	2	20	28	NA	NA	NA	NA
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 Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
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 4/3 4/10 4/17 4/24	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
Nachos	6oz	451.95	30.41	6.61	0	53.9	1151.96	3.04	20.23	26.48	NA	NA	NA	NA
or Bean & Cheese Burrito	5.2oz	290	8	3.5	0	15	480	8	16	41	NA	NA	NA	NA
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10
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 Vegan Tenders	4ct	720	36	4	0	0	1240	0	40	60	NA	NA	200	4

Fri 4/18 4/25	4/4	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
Cheeseburger		4.96oz	360	19	7.5	1	47.5	660	4	21.5	30	NA	NA	21	20
or Hot Dog		1 ea	288	14.35	4	0	24.7	833.1	4	13.9	29	NA	NA	NA	NA
or Jalapeño Bites		6oz	405	30	15	0	70	430	0	27	42	NA	NA	32	6
or Sweet & Savory Protein		1 box	503	22	7.5	0	10	565	6	18	59	NA	4	55	3.5
or Yogurt		4oz	70	0	0	0	>5	60	0	3	13	NA	NA	10	0
or WW Soft Pretzel		2oz	140	0.5	0	0	0	150	3	5	30	NA	NA	0	60

* May contain Pork product

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