

Woodburn School District Nutrition Services - WOODBURN HIGH SCHOOL

Nutritional Analysis

Lunch Menu 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
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 6/2 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
Garlic French Bread	4.50oz	398	22.5	8.83	0	38	550	2	20.5	28.5	NA	NA	501	2.25
& Doritos	1oz	130	5	1	0	0	160	3	2	19	NA	NA	50	0.3
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
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 Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

Tues 6/3 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
Pizza*	5.13oz	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 Tamale	5oz	330	14	3	0	60	580	4	18	31	45	NA	4	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 6/4 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
Beef Birria Tacos	2 each	260	1.5	5	0.7	54	332	2	15	18	NA	NA	57	3
or Jalapeño Bites	6oz	405	30	15	0	70	430	0	27	42	NA	NA	32	6
or Butter Chicken	3oz	100	6.6	1.8	0	31	110	0	6	4	4	4	2	2
& Brown Rice	4oz	55	0.5	0	0	0	5	0.5	1	11	0	0	5	0
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 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
Country Fried Steak	3.8oz	300	20	6	1	50	580	1	15	16	2	0	2	15
& Gravy	1oz	20	1.5	0.25	0.75	0	115	0	0	2	0	0	0	1
& Mashed Potatoes	1/2 cup	98	0	0	0	0	32.9	2	2	21.5	9	29.3	2.4	0.36
& WW roll	2oz	70	0.5	0	0	0	90	1	3	12	0	2	2	4
or Bean & Cheese Burrito	5.2oz	290	8	3.5	0	15	480	8	16	41	NA	NA	NA	NA
or Buffalo Chicken Pocket	4.46oz	290	100	5	0	35	630	2	18	31	60	NA	250	2.3
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 Yogurt	4oz	70	0	0	0	>5	60	0	3	13	NA	NA	10	0
& WW Bagel	2oz	150	1	0	0	0	300	4	8	30	NA	NA	0	8

Fri 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
Sriracha Honey Chicken	3.9oz	210	6	1	0	50	480	1	12	24	2	2	2	4
& WG Yakisoba Noodles	1cup	210	2.5	0	0	0	80	2	9	48	0	0	2	9
or Fish Sticks	4 each	180	4	0	0	45	300	2	16	20	NA	NA	19	1
& WW Roll	2oz	70	0.5	0	0	0	90	1	3	12	0	2	2	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	1
& Veggies	1/2 cup	24	0	0	0	0	25	1.5	1	9	10	25	1	4
& 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
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* May contain Pork product

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