

Woodburn School District Nutrition Services

Nutritional Analysis

Lunch Menu August 2025 - November 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	110	2.5	1.5	0	15	130	0	9	13	20	NA	25	0
Milk, Skim White	8oz	90	0	0	0	<5	130	0	9	13	20	NA	25	0
Milk, NF Chocolate	8oz	130	0	0	0	<5	125	0	8	23	20	NA	25	0

Mon 9/8 10/6 11/3	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
Beef Soft Tacos	2 ct	260	10	4	0	53	345	4	13	28	NA	NA	8	18
& Spanish Rice	1/4 cup	110	0	0	0	0	500	0	3	25	0	2	2	2
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

Tues 9/9 10/7 11/4	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
Pizza*	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
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 Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

Wed 9/10 11/5	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
Chicken Strips	3 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	2
or WW PB&J	5.3oz	590	32	7	0	0	530	7	18	64	NA	NA	6	15
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

Thurs 9/1 11/6	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
Spaghetti & Meatsauce	8oz	339	16	6.5	1	55	378	4	19	29	NA	NA	NA	NA
& WW Garlic Toast	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	4
or Hummus	4.5oz	170	3.5	0	0	0	150	7	9	27	NA	NA	4	15
& Flatbread	1 ct (62g)	170	45	1	0	0	0	3	5	26	NA	NA	NA	NA
or Yogurt	4oz	70	0	0	0	>5	60	0	3	13	NA	NA	10	0
& String Cheese	1oz	60	2.5	2	0	10	200	0	9	1	0	0	0	0
WW Bagel	2oz	150	1	0	0	0	300	4	8	30	NA	NA	0	8

Fri 9/12 11/7	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
Cheeseburger	4.96oz	360	19	7.5	1	47.5	660	4	21.5	30	NA	NA	21	20
or Pulled Pork Sandwich	6oz	293	5.5	1.2	0	42	770	9	24	40	NA	NA	2	10
or Bean & Cheese Burrito	5.2oz	290	8	3.5	0	15	480	8	16	41	NA	NA	NA	NA

Mon 9/15 11/10	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 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 Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

Tues 9/16 10/14	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
Cheese Pizza	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or Tuna Salad Sandwich	4oz	314	9	1.8	0	32	745	5	20	40	26	2	10	2
or Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

Wed 9/17 10/15 11/12	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 Nuggets	6.24oz	240	14g	2.5	0	20	470	3	13	16	NA	NA	4	10

& WW Roll	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	4
or WW PB&J	5.3oz	590	32	7	0	0	530	7	18	64	NA	NA	6	15
or Chef Salad	1each	247	17	3	0	95	547	2	14	10	76	8	11	1

Thurs 9/18 10/16 11/13	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
or Beans & Cheese	4oz	188	75.5	4.6	8	28	585	4	10	14	389	0	228	1
& Tortilla Chips	2oz	280	14	6	0	0	300	2	4	34	NA	NA	4	4
or Jalapeño Bites	6oz	405	30	15	0	70	430	0	27	42	NA	NA	32	6

Fri 9/19 10/17 11/14	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
Rib-B-Q Sub	1 each	170	10	3.5	0	40	400	1	14	6	NA	NA	2	1
or Fish Sticks	4oz	180	4	0	0	45	300	2	16	20	NA	NA	19	1
& WW Roll	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	4
or Bean & Cheese Burrito	5.2oz	290	8	3.5	0	15	480	8	16	41	NA	NA	NA	NA

Mon 8/24 10/20 11/17	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
Tangerine Chicken	3.9oz	99	2.21	0.55	0	49.7	331.6	0	12.15	6.63	NA	NA	NA	NA
& Brown Rice	4oz	55	0.5	0	0	0	5	0.5	1	11	0	0	5	0
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

Tues 8/26 9/23 10/21 11/18	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 Deli Wrap	1 ea	341	15.5	7	0	65	1061	4	20	32	31	2	29	3.5
or Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

Wed 8/27 9/24 10/22 11/19	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
WG Chicken Sandwich	5.54oz	410	16.5	2.5	0	25	590	6	23	43	NA	NA	6	20

or WW PB&J	5.3oz	590	32	7	0	0	530	7	18	64	NA	NA	6	15
or Chicken Caesar Salad	1 ea	368	30	6.5	0	79	639	0.5	22	3	72	3	13	1

Thurs 8/28 9/25 10/23 11/20	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
Nachos	6oz	451.95	30.41	6.61	0	53.9	1151.96	3.04	20.23	26.48	NA	NA	NA	NA
or WW Soft Pretzel	2oz	140	0.5	0	0	0	150	3	5	30	NA	NA	0	60
& Cheese Sauce	1oz	108	74	4.6	8	28	395	0	7	2	389	0	203	0
or Yogurt	4oz	70	0	0	0	>5	60	0	3	13	NA	NA	10	0
& String Cheese	1oz	60	2.5	2	0	10	200	0	9	1	0	0	0	0
WW Bagel	2oz	150	1	0	0	0	300	4	8	30	NA	NA	0	8

Fri 8/29 9/26 10/24 11/21	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
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 Bean & Cheese Burrito	5.2oz	290	8	3.5	0	15	480	8	16	41	NA	NA	NA	NA

Mon 9/29 10/27	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
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 Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
or Grilled Cheese	4.1oz	280	10	6	0	30	580	3	18	31	NA	NA	45	10

Tues 9/2 9/30 10/28	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
Cheese Pizza	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or Chicken Salad Sandwich	5.1oz	309	10.02	1.87	0	88	395	4.24	30.4	29.7	NA	NA	NA	NA
or Yogurt Parfait	16oz	518	5.48	0.82	0	0	248.77	6.09	12.11	103.13	NA	NA	NA	NA

Wed 9/3 10/1 10/29	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
Chicken Nuggets	6.24oz	240	14g	2.5	0	20	470	3	13	16	NA	NA	4	10

& WW Roll	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	4
or WW PB&J	5.3oz	590	32	7	0	0	530	7	18	64	NA	NA	6	15
or Taco Salad	1 each	437	23	10	0	52	619	4	14	21	NA	NA	50	1
& WW roll	1oz	70	0.5	0	0	0	90	1	3	12	0	2	2	4

Thurs 9/4 10/2 10/30	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
Chicken Alredo	1.5 cup	428	14.61	7.13	0	64.38	837.5	5.7	23.31	50.39	NA	NA	NA	NA
& WW Roll	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	4
or Yogurt	4oz	70	0	0	0	>5	60	0	3	13	NA	NA	10	0
& String Cheese	1oz	60	2.5	2	0	10	200	0	9	1	0	0	0	0
WW Bagel	2oz	150	1	0	0	0	300	4	8	30	NA	NA	0	8
or Jalapeño Bites	6oz	405	30	15	0	70	430	0	27	42	NA	NA	32	6

Fri 9/5 10/3	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
Macaroni & Cheese	6oz	315	12	6.75	0.38	34	1095	NA	18.75	36	NA	NA	34	7.5
& WW Garlic Toast	1oz	70	0.5	0	0	0	90	1	3	12	0	0	2	4
or Enchilada Empanada	5oz	300	11	5	0	35	650	3	19	32	NA	NA	271	2
or Bean & Cheese Burrito	5.2oz	290	8	3.5	0	15	480	8	16	41	NA	NA	NA	NA

* May contain Pork product

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