

Woodburn School District Nutrition Services - WOODBURN HIGH SCHOOL

Nutritional Analysis

Lunch Menu 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 11/3 11/10 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
Pizza*	5.5oz	370	18	9	0	35	580	3	20	34	10	15	45	10
or Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8	8
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 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 Black Bean Burger	1 ct	310	6.5	1	0	0	650	12	21	53	NA	NA	12	25

Tues 11/4 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
Pork Pozole	1 serv	225	5	1	0	22	1091	4	10	35	NA	NA	NA	NA
& Tortilla Chips	2oz	280	14	6	0	0	300	2	4	34	NA	NA	4	4
or Chinese Take-Out	4.9oz	309	4.71	0.55	0	49.7	411	2	21.2	54.6	NA	NA	2	9
or Pulled Pork Sandwich	6oz	293	5.5	1.2	0	42	770	9	24	40	NA	NA	2	10
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 11/5 11/12 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
Cheeseburger	4.96oz	360	19	7.5	1	47.5	660	4	21.5	30	NA	NA	21	20
or Pizza Sticks	2 ct	500	18	9	0	50	1020	6	22	60	NA	NA	20	20
or Bean Dip	6oz	160	3	0	0	0	380	8	6	24	NA	NA	4	12
& Tortilla Chips	2oz	280	14	6	0	0	300	2	4	34	NA	NA	4	4
or Chef Salad	1 each	247	17	3	0	95	547	2	14	10	76	8	11	15
& WW roll	1oz	70	0.5	0	0	0	90	1	3	12	0	2	2	3.5
or WW PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6	10

Thurs 11/6 11/13 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
Birria Pupusa	1 ct	240	10	2.5	0	20	700	0	10	29	NA	NA	15	6
& Tortilla Chips	2oz	280	14	6	0	0	300	2	4	34	NA	NA	4	4
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 Ultimate Deli Wrap	1 ct	341	15	7	0	64	1061	4	20	32	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	1oz	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

Fri 11/7 11/14 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 Bean & Cheese Burrito	5.2oz	320	8.79	3.54	0	14.94	475	8.17	16.71	44.17	6	2	15	20
or Pizza Pocket	4oz	290	11	4	0	20	420	1	14	34	NA	NA	10	10
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
& Flatbread	1 ct (62g)	170	45	1	0	0	0	3	5	26	NA	NA	NA	NA
or Yogurt	2 ct	140	0	0	0	>5	120	0	6	26	NA	NA	20	0
& WG Pretzel	1 ct	150	1	0	0	0	140	3	5	30	NA	NA	0	10

* May contain Pork product

This institution is an equal opportunity provider.

