

Recipe Number	Recipe Description	Portion Size	Weight Wathcers Points
81	FRENCH TOAST STICKS	SERV (4 STICKS)	8
303	CEREAL CHOICE	BOWL	3
804	POPTART, STRAWB WG	ONE	5
325	TOAST:WHEAT BREAD	SLICE	3
603	APPLES, CINNAMON:HEATED	1/2 CUP	2
305	JUICE VARIETY	CARTON (4 OZ)	2
231	MILK, SKIM (varieties)	HALF PINT	3
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	3
345	JELLY	1/2 OZ	1
312	SYRUP,PANCAKE OATMEAL	PKG (1.5 OZ.) HALF CUP	3 3
399	BREAKFAST PIZZA (NARDONE)	SLICE	6
303	CEREAL CHOICE	BOWL	3
325	TOAST:WHEAT BREAD	SLICE	3
804	POPTART, STRAWB WG	ONE	5
892	PANCAKE, WG (AUNT JEMIMA)	2 EACH	7
434	ORANGES, SMALL	1 EACH	1
305	JUICE VARIETY	CARTON (4 OZ)	2
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
345	JELLY	1/2 OZ	
310	BREAKFAST ON A STICK	EACH	5
303	CEREAL CHOICE	BOWL	
802	CEREAL BARS,WHOLE GRAIN	SERVINGS	4
892	PANCAKE, WG (AUNT JEMIMA)	2 EACH	7
483	PEACHES:DICED,LT SYRP	1/2 CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
345	JELLY	1/2 OZ	
312	SYRUP,PANCAKE	PKG (1.5 OZ.)	
641	BREAKFAST BURRITO:COLBY CHEESE	1 EACH	6
303	CEREAL CHOICE	BOWL	
325	TOAST:WHEAT BREAD	SLICE	
804	POPTART, STRAWB WG	ONE	
305	JUICE VARIETY	CARTON (4 OZ)	
483	PEACHES:DICED,LT SYRP	1/2 CUP	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
345	JELLY	1/2 OZ	

626	SALSA	1/4 CUP	
769	BISCUIT:WHOLE GRAIN,PRE-MADE	EACH (2.1 OZ)	4
577	SAUSAGE:TURKEY	1 EACH	2
303	CEREAL CHOICE	BOWL	
325	TOAST:WHEAT BREAD	SLICE	
603	APPLES, CINNAMON:HEATED	1/2 CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
345	JELLY	1/2 OZ	
900021	Gravy,Fat Free,Country Style,P	1/4 CUP	

Disclaimer: Nutrikids does not warranty report data and should not be used for treating medical conditions. Please consult a physician.

Note: Calories are not included in this chart because the meals are analyzed with weighted measures, ie, student popularity of food item.

The points in this chart were calculated/offered by a local member of Weight Watchers International and bear no legal responsibility.