

| | A | B | C | D | E | F | G | H | I | J |
|----|------------|---|------------------------|---------|---|---|---|---|---|---|
| | | | 3-Week Cycle | | | | | | | |
| | WISD | Weight Watcher Points Listed are | Menu: 4/2013, | | | | | | | |
| | Elementary | Based on <u>Adult Serving Sizes</u> (9-12 | subject to | Weight | | | | | | |
| | Recipe | grd equivalent) | Recipe change. Portion | Watcher | | | | | | |
| 1 | Number: | Description: | Size: | Points | | | | | | |
| 2 | 686 | CHICK NUGG,ASIAN BOWL:K-8 | 5 NUGGETS | 11 | | | | | | |
| 3 | 989 | QUESADILLA, CHICKEN (K-8) | SERV=3 WEDGES | 6 | | | | | | |
| 4 | 899 | PENNE PASTA & CHICKEN | SERVING | 10 | | | | | | |
| 5 | 987 | TURKEY & CHEESE SANDWICH(K-8) | EACH | 5 | | | | | | |
| 6 | 405 | MIXED VEGETABLES, CALIFORNIA | 3/4 CUP | | | | | | | |
| 7 | 972 | SALAD:Spinach & Mandarin | 1 CUP | 4 | | | | | | |
| 8 | 483 | PEACHES:DICED,LT SYRP | 1/2 CUP | | | | | | | |
| 9 | 690 | FRESH FRUIT: (K-8) | HALF CUP | | | | | | | |
| 10 | 305 | JUICE VARIETY | CARTON (4 OZ) | | | | | | | |
| 11 | 231 | MILK, SKIM (varieties) | HALF PINT | | | | | | | |
| 12 | 230 | MILK,1% Lowfat White OAK FARMS | HALF PINT | | | | | | | |
| 13 | 309 | PICANTE SAUCE | 1 OZ | | | | | | | |
| 14 | 900021 | Gravy,Fat Free,Country Style,P | 1/4 CUP | | | | | | | |
| 15 | 465 | KETCHUP: (2) individual | SERVING | | | | | | | |
| 16 | 515 | BARBEQUE SAUCE | 1 OZ | | | | | | | |
| 17 | 223 | MUSTARD: individual PC | SERV (2 PACKTS) | | | | | | | |
| 18 | 1050 | MAYONNAISE:FAT FREE INDVDL PC | Pkt 7g | | | | | | | |
| 19 | 763 | RANCH DRESSING:FAT FREE (1) | PACKETS | | | | | | | |
| 20 | | | | | | | | | | |
| 21 | | | | | | | | | | |
| 22 | 938 | TACO SALAD, BEEF & BEAN | SERVING | 9 | | | | | | |
| 23 | 587 | CRISPITO/BEANS/SPANRICE: (K-8) | SERVING | 10 | | | | | | |
| 24 | 648 | BRKFST FOR LUNCH:OME&FR TST ST | SERVING | 9 | | | | | | |
| 25 | 987 | TURKEY & CHEESE SANDWICH(K-8) | EACH | 5 | | | | | | |
| 26 | 1013 | BLACK BEAN & CORN SALAD | 3/4 CUP | | | | | | | |
| 27 | 248 | APRICOTS: can,diced, lt syrup | 1/2 CUP | | | | | | | |
| 28 | 690 | FRESH FRUIT: (K-8) | HALF CUP | | | | | | | |
| 29 | 305 | JUICE VARIETY | CARTON (4 OZ) | | | | | | | |

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|----|--------|--------------------------------|-----------------|---|---|---|---|---|---|---|
| 30 | 231 | MILK, SKIM (varieties) | HALF PINT | | | | | | | |
| 31 | 230 | MILK,1% Lowfat White OAK FARMS | HALF PINT | | | | | | | |
| 32 | 309 | PICANTE SAUCE | 1 OZ | | | | | | | |
| 33 | 695 | JALAPENO PEPPERS (1 OZ.) | 1 OZ. | | | | | | | |
| 34 | 223 | MUSTARD: individual PC | SERV (2 PACKTS) | | | | | | | |
| 35 | 1050 | MAYONNAISE:FAT FREE INDVDL PC | Pkt 7g | | | | | | | |
| 36 | 336 | RANCH DRESSING:FAT FREE | 2 PACKETS | | | | | | | |
| 37 | 312 | SYRUP,PANCAKE | PKG (1.5 OZ.) | | | | | | | |
| 38 | | | | | | | | | | |
| 39 | | | | | | | | | | |
| 40 | 354 | CHICKEN NUGGETS: (K-8) | 5 NUGGETS | 6 | | | | | | |
| 41 | 313 | HAM AND CHEESE MELT:WHEAT BUN | SANDWICH | 7 | | | | | | |
| 42 | 334 | CORN DOG: (foster farms 96101) | 1 EACH | 7 | | | | | | |
| 43 | 987 | TURKEY & CHEESE SANDWICH(K-8) | EACH | 5 | | | | | | |
| 44 | 498 | MASHED POTATOES:MIX | 3/4 CUP | | | | | | | |
| 45 | 329 | BROCCOLI/w CHEESE | 3/4 CUP | | | | | | | |
| 46 | 388 | BROCCOLI | 3/4 CUP | | | | | | | |
| 47 | 482 | MIXED FRUIT:can,lt syrup | 1/2 CUP | | | | | | | |
| 48 | 690 | FRESH FRUIT: (K-8) | HALF CUP | | | | | | | |
| 49 | 305 | JUICE VARIETY | CARTON (4 OZ) | | | | | | | |
| 50 | 849 | ROLLS,WHOLE WHITE WHEAT 2 oz | serv | | | | | | | |
| 51 | 231 | MILK, SKIM (varieties) | HALF PINT | | | | | | | |
| 52 | 230 | MILK,1% Lowfat White OAK FARMS | HALF PINT | | | | | | | |
| 53 | 900021 | Gravy,Fat Free,Country Style,P | 1/4 CUP | | | | | | | |
| 54 | 465 | KETCHUP: (2) individual | PACKET | | | | | | | |
| 55 | 515 | BARBEQUE SAUCE | 1 OZ | | | | | | | |
| 56 | 223 | MUSTARD: individual PC | SERV (2 PACKTS) | | | | | | | |
| 57 | 1050 | MAYONNAISE:FAT FREE INDVDL PC | Pkt 7g | | | | | | | |
| 58 | | | | | | | | | | |
| 59 | | | | | | | | | | |
| 60 | 983 | PIZZA, THIN, CHEESE, WG (ALPHA | SLICE | 8 | | | | | | |
| 61 | 982 | PIZZA, THIN, PEP WG (ALPHA) | SLICE | 9 | | | | | | |
| 62 | 970 | CHICKEN PATTIE ON BUN no chee | 1 EACH | 8 | | | | | | |

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| 63 | 987 | TURKEY & CHEESE SANDWICH(K-8) | EACH | 5 | | | | | | |
| 64 | 374 | GREEN BEANS:CAN,SEASONED | 3/4 CUP | | | | | | | |
| 65 | 404 | CARROTS:SLICED:FROZEN | 3/4 CUP | | | | | | | |
| 66 | 534 | PEARS/GELATIN | 1/2 CUP | | | | | | | |
| 67 | 690 | FRESH FRUIT: (K-8) | HALF CUP | | | | | | | |
| 68 | 305 | JUICE VARIETY | CARTON (4 OZ) | | | | | | | |
| 69 | 231 | MILK, SKIM (varieties) | HALF PINT | | | | | | | |
| 70 | 230 | MILK,1% Lowfat White OAK FARMS | HALF PINT | | | | | | | |
| 71 | 336 | RANCH DRESSING:FAT FREE | 2 PACKETS | | | | | | | |
| 72 | 223 | MUSTARD: individual PC | SERV (2 PACKTS) | | | | | | | |
| 73 | 1050 | MAYONNAISE:FAT FREE INDVDL PC | Pkt 7g | | | | | | | |
| 74 | 465 | KETCHUP: (2) individual | PACKET | | | | | | | |
| 75 | | | | | | | | | | |
| 76 | | | | | | | | | | |
| 77 | 567 | CHEF SALAD, TURKEY - (K-8) | SERVING | 6 | | | | | | |
| 78 | 527 | CHEESEBURGER: K-5 | EACH | 7 | | | | | | |
| 79 | 1031 | HAMBURGER for Elem | EACH | 6 | | | | | | |
| 80 | 999 | TURKEY ON WHEAT BUN:(K-8) | 1 EACH | 6 | | | | | | |
| 81 | 463 | YOGURT:STRAWBERRY | 4 OZ | | | | | | | |
| 82 | 464 | YOGURT:PEACH | 4 OZ | | | | | | | |
| 83 | 462 | YOGURT:BLUEBERRY | 4 OZ. | | | | | | | |
| 84 | 233 | CRACKERS,GRAHAM | 2 PKTS | | | | | | | |
| 85 | 838 | BAKED BEANS: CAN | 3/4 CUP | 3 | | | | | | |
| 86 | 351 | TATOR TOTS | 3 OZ. | 5 | | | | | | |
| 87 | 343 | SALAD FOR SANDWICHES | 1/2 CUP | | | | | | | |
| 88 | 530 | APPLESAUCE/GELATIN | 1/2 CUP | | | | | | | |
| 89 | 690 | FRESH FRUIT: (K-8) | HALF CUP | | | | | | | |
| 90 | 305 | JUICE VARIETY | CARTON (4 OZ) | | | | | | | |
| 91 | 231 | MILK, SKIM (varieties) | HALF PINT | | | | | | | |
| 92 | 230 | MILK,1% Lowfat White OAK FARMS | HALF PINT | | | | | | | |
| 93 | 222 | KETCHUP: (4) individual | SERV (4 PACKTS) | | | | | | | |
| 94 | 1050 | MAYONNAISE:FAT FREE INDVDL PC | Pkt 7g | | | | | | | |
| 95 | 223 | MUSTARD: individual PC | SERV (2 PACKTS) | | | | | | | |

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| 96 | | | | | | | | | | |
| 97 | | | | | | | | | | |
| 98 | 466 | CHICKEN STICKS:(K-8) | SERVING OF 8 | 5 | | | | | | |
| 99 | 6 | BEEF FINGERS (K-8) | SERVING OF 4 | 7 | | | | | | |
| 100 | 567 | CHEF SALAD, TURKEY - (K-8) | SERVING | | | | | | | |
| 101 | 987 | TURKEY & CHEESE SANDWICH(K-8) | EACH | 5 | | | | | | |
| 102 | 232 | CRACKERS:SALTINE, 3 pkgs | SVG of 3 PKG | | | | | | | |
| 103 | 957 | SOUP, TOMATO (CAMPBELLS) | 1 CUP | | | | | | | |
| 104 | 498 | MASHED POTATOES:MIX | 3/4 CUP | | | | | | | |
| 105 | 329 | BROCCOLI/w CHEESE | 3/4 CUP | | | | | | | |
| 106 | 603 | APPLES, CINNAMON:HEATED | 1/2 CUP | | | | | | | |
| 107 | 690 | FRESH FRUIT: (K-8) | HALF CUP | | | | | | | |
| 108 | 305 | JUICE VARIETY | CARTON (4 OZ) | | | | | | | |
| 109 | 231 | MILK, SKIM (varieties) | HALF PINT | | | | | | | |
| 110 | 230 | MILK,1% Lowfat White OAK FARMS | HALF PINT | | | | | | | |
| 111 | 900021 | Gravy,Fat Free,Country Style,P | 1/4 CUP | | | | | | | |
| 112 | 465 | KETCHUP: (2) individual | PACKET | | | | | | | |
| 113 | 515 | BARBEQUE SAUCE | 1 OZ | | | | | | | |
| 114 | 223 | MUSTARD: individual PC | SERV (2 PACKTS) | | | | | | | |
| 115 | 1050 | MAYONNAISE:FAT FREE INDVDL PC | Pkt 7g | | | | | | | |
| 116 | | | | | | | | | | |
| 117 | | | | | | | | | | |
| 118 | 573 | NACHO/BEEF CR & CHEESE:(K-8) | SERVINGS | 9 | | | | | | |
| 119 | 970 | CHICKEN PATTIE ON BUN no chee | 1 EACH | 10 | | | | | | |
| 120 | 26 | BAKED POTATO w/HAM & CHEESE | SERVING | 11 | | | | | | |
| 121 | 987 | TURKEY & CHEESE SANDWICH(K-8) | EACH | 5 | | | | | | |
| 122 | 964 | SALAD:DEEP GREEN | 1/2 CUP | | | | | | | |
| 123 | 939 | BEANS, RANCH STYLE | 3/4 CUP | 3 | | | | | | |
| 124 | 437 | PEACHES:slice, can, extra lite | 1/2 CUP | | | | | | | |
| 125 | 690 | FRESH FRUIT: (K-8) | HALF CUP | | | | | | | |
| 126 | 305 | JUICE VARIETY | CARTON (4 OZ) | | | | | | | |
| 127 | 232 | CRACKERS:SALTINE, 3 pkgs | SVG of 3 PKG | | | | | | | |
| 128 | 231 | MILK, SKIM (varieties) | HALF PINT | | | | | | | |

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| 129 | 230 | MILK,1% Lowfat White OAK FARMS | HALF PINT | | | | | | | |
| 130 | 309 | PICANTE SAUCE | 1 OZ | | | | | | | |
| 131 | 695 | JALAPENO PEPPERS (1 OZ.) | 1 OZ. | | | | | | | |
| 132 | 223 | MUSTARD: individual PC | SERV (2 PACKTS) | | | | | | | |
| 133 | 1050 | MAYONNAISE:FAT FREE INDVDL PC | Pkt 7g | | | | | | | |
| 134 | 336 | RANCH DRESSING:FAT FREE | 2 PACKETS | | | | | | | |
| 135 | | | | | | | | | | |
| 136 | | | | | | | | | | |
| 137 | 162 | HOT DOG ON BUN | SERVING | 8 | | | | | | |
| 138 | 726 | SPAGHETTI & MEATBALLS: CAN SA | SERVINGS | 11 | | | | | | |
| 139 | 610 | RAVIOLI:CANNED,BEEF | SERV =8 | 8 | | | | | | |
| 140 | 987 | TURKEY & CHEESE SANDWICH(K-8) | EACH | 5 | | | | | | |
| 141 | 582 | ROLL,WHEAT:HONEY,FRZN 1.5 WG | 1 EACH | | | | | | | |
| 142 | 404 | CARROTS:SLICED:FROZEN | 3/4 CUP | | | | | | | |
| 143 | 426 | GREEN BEANS: frozen,SEASONED | 3/4 CUP | 2 | | | | | | |
| 144 | 697 | GELATIN W/CANNED FRUIT | CUP | | | | | | | |
| 145 | 690 | FRESH FRUIT: (K-8) | HALF CUP | | | | | | | |
| 146 | 305 | JUICE VARIETY | CARTON (4 OZ) | | | | | | | |
| 147 | 231 | MILK, SKIM (varieties) | HALF PINT | | | | | | | |
| 148 | 230 | MILK,1% Lowfat White OAK FARMS | HALF PINT | | | | | | | |
| 149 | 465 | KETCHUP: (2) individual | PACKET | | | | | | | |
| 150 | 223 | MUSTARD: individual PC | SERV (2 PACKTS) | | | | | | | |
| 151 | 1050 | MAYONNAISE:FAT FREE INDVDL PC | Pkt 7g | | | | | | | |
| 152 | | | | | | | | | | |
| 153 | | | | | | | | | | |
| 154 | 983 | PIZZA, THIN, CHEESE, WG (ALPHA | SLICE | 8 | | | | | | |
| 155 | 982 | PIZZA, THIN, PEP WG (ALPHA) | SLICE | 9 | | | | | | |
| 156 | 967 | CORN DOGS, MINI:TURKEY | SVG OF 6 | 8 | | | | | | |
| 157 | 987 | TURKEY & CHEESE SANDWICH(K-8) | EACH | 5 | | | | | | |
| 158 | 381 | CORN: frozen | 3/4 CUP | | | | | | | |
| 159 | 787 | VEGETABLE MEDLEY (C,C,B) | CUP | | | | | | | |
| 160 | 690 | FRESH FRUIT: (K-8) | HALF CUP | | | | | | | |
| 161 | 530 | APPLESAUCE/GELATIN | 1/2 CUP | | | | | | | |

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| 162 | 305 | JUICE VARIETY | CARTON (4 OZ) | | | | | | | |
| 163 | 231 | MILK, SKIM (varieties) | HALF PINT | | | | | | | |
| 164 | 230 | MILK,1% Lowfat White OAK FARMS | HALF PINT | | | | | | | |
| 165 | 336 | RANCH DRESSING:FAT FREE | 2 PACKETS | | | | | | | |
| 166 | 465 | KETCHUP: (2) individual | PACKET | | | | | | | |
| 167 | 223 | MUSTARD: individual PC | SERV (2 PACKTS) | | | | | | | |
| 168 | 1050 | MAYONNAISE:FAT FREE INDVDL PC | Pkt 7g | | | | | | | |
| 169 | | | | | | | | | | |
| 170 | | | | | | | | | | |
| 171 | 527 | CHEESEBURGER: K-5 | EACH | 7 | | | | | | |
| 172 | 1031 | HAMBURGER for Elem | EACH | 6 | | | | | | |
| 173 | 837 | TACO WRAP,BEEF(INTEGRATED) | 4.60 OZ EA | 9 | | | | | | |
| 174 | 999 | TURKEY ON WHEAT BUN:(K-8) | 1 EACH | 6 | | | | | | |
| 175 | 462 | YOGURT:BLUEBERRY | 4 OZ. | 2 | | | | | | |
| 176 | 464 | YOGURT:PEACH | 4 OZ | 2 | | | | | | |
| 177 | 463 | YOGURT:STRAWBERRY | 4 OZ | 2 | | | | | | |
| 178 | 233 | CRACKERS,GRAHAM | 2 PKTS | | | | | | | |
| 179 | 346 | FRENCH FRIES: oven heat | 3 OZ. | 5 | | | | | | |
| 180 | 343 | SALAD FOR SANDWICHES | SERVINGS | | | | | | | |
| 181 | 42 | PICKLES,DILL (slices) | 1/8 CUP | | | | | | | |
| 182 | 248 | APRICOTS: can,diced, lt syrup | 1/2 CUP | | | | | | | |
| 183 | 690 | FRESH FRUIT: (K-8) | HALF CUP | | | | | | | |
| 184 | 305 | JUICE VARIETY | CARTON (4 OZ) | | | | | | | |
| 185 | 231 | MILK, SKIM (varieties) | HALF PINT | | | | | | | |
| 186 | 230 | MILK,1% Lowfat White OAK FARMS | HALF PINT | | | | | | | |
| 187 | 222 | KETCHUP: (4) individual | SERV (4 PACKTS) | | | | | | | |
| 188 | 1050 | MAYONNAISE:FAT FREE INDVDL PC | Pkt 7g | | | | | | | |
| 189 | 223 | MUSTARD: individual PC | SERV (2 PACKTS) | | | | | | | |
| 190 | 309 | PICANTE SAUCE | 1 OZ | | | | | | | |
| 191 | | | | | | | | | | |
| 192 | | | | | | | | | | |
| 193 | 692 | CHICKEN RINGS: (K-8) | SERVING OF 5 | 8 | | | | | | |
| 194 | 891 | BEEF DIPPERS, TERI (K-8) | SERVING OF 4 | 4 | | | | | | |

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| 195 | 1008 | TACOS, CHICKEN, MINI: (K-8) | SERVING = 3 | 7 | | | | | | |
| 196 | 987 | TURKEY & CHEESE SANDWICH(K-8) | EACH | 5 | | | | | | |
| 197 | 582 | ROLL,WHEAT:HONEY,FRZN 1.5 WG | 1 EACH | 4 | | | | | | |
| 198 | 498 | MASHED POTATOES:MIX | 3/4 CUP | 2 | | | | | | |
| 199 | 964 | SALAD:DEEP GREEN | 1 CUP | | | | | | | |
| 200 | 329 | BROCCOLI/w CHEESE | 3/4 CUP | | | | | | | |
| 201 | 690 | FRESH FRUIT: (K-8) | HALF CUP | | | | | | | |
| 202 | 530 | APPLESAUCE/GELATIN | 1/2 CUP | | | | | | | |
| 203 | 305 | JUICE VARIETY | CARTON (4 OZ) | | | | | | | |
| 204 | 231 | MILK, SKIM (varieties) | HALF PINT | | | | | | | |
| 205 | 230 | MILK,1% Lowfat White OAK FARMS | HALF PINT | | | | | | | |
| 206 | 900021 | Gravy,Fat Free,Country Style,P | 1/4 CUP | | | | | | | |
| 207 | 465 | KETCHUP: (2) individual | SERVING | | | | | | | |
| 208 | 223 | MUSTARD: individual PC | PACKET | | | | | | | |
| 209 | 515 | BARBEQUE SAUCE | 1 OZ | | | | | | | |
| 210 | 1050 | MAYONNAISE:FAT FREE INDVDL PC | Pkt 12g | | | | | | | |
| 211 | 763 | RANCH DRESSING:FAT FREE (1) | PACKETS | | | | | | | |
| 212 | | | | | | | | | | |
| 213 | | | | | | | | | | |
| 214 | 587 | CRISPITO/BEANS/SPANRICE: (K-8) | SERVING | 10 | | | | | | |
| 215 | 997 | TERI CHIK (LING'S)wBR RICE K-8 | #12 SCOOP | 6 | | | | | | |
| 216 | 890 | CHICKEN, TANGERINEw/RICE (K-8) | SERVING | 9 | | | | | | |
| 217 | 999 | TURKEY ON WHEAT BUN:(K-8) | 1 EACH | 6 | | | | | | |
| 218 | 405 | MIXED VEGETABLES, CALIFORNIA | 3/4 CUP | 2 | | | | | | |
| 219 | 972 | SALAD:Spinach & Mandarin | 1 CUP | 4 | | | | | | |
| 220 | 419 | FRUIT COCKTAIL:canned,lt syrup | 1/2 CUP | | | | | | | |
| 221 | 690 | FRESH FRUIT: (K-8) | HALF CUP | | | | | | | |
| 222 | 305 | JUICE VARIETY | CARTON (4 OZ) | | | | | | | |
| 223 | 231 | MILK, SKIM (varieties) | HALF PINT | | | | | | | |
| 224 | 230 | MILK,1% Lowfat White OAK FARMS | HALF PINT | | | | | | | |
| 225 | 695 | JALAPENO PEPPERS (1 OZ.) | 1 OZ. | | | | | | | |
| 226 | 309 | PICANTE SAUCE | 1 OZ | | | | | | | |
| 227 | 223 | MUSTARD: individual PC | SERV (2 PACKTS) | | | | | | | |

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| 228 | 1050 | MAYONNAISE:FAT FREE INDVDL PC | Pkt 7g | | | | | | | |
| 229 | | | | | | | | | | |
| 230 | | | | | | | | | | |
| 231 | 354 | CHICKEN NUGGETS: (K-8) | 5 NUGGETS | 6 | | | | | | |
| 232 | 6 | BEEF FINGERS (K-8) | SERVINGS | 7 | | | | | | |
| 233 | 567 | CHEF SALAD, TURKEY - (K-8) | SERVING | 0 | | | | | | |
| 234 | 987 | TURKEY & CHEESE SANDWICH(K-8) | 1 EACH | 5 | | | | | | |
| 235 | 582 | ROLL,WHEAT:HONEY,FRZN 1.5 WG | 1 EACH | 4 | | | | | | |
| 236 | 957 | SOUP, TOMATO (CAMPBELLS) | 1 CUP | 1 | | | | | | |
| 237 | 498 | MASHED POTATOES:MIX | 3/4 CUP | 2 | | | | | | |
| 238 | 374 | GREEN BEANS:CAN,SEASONED | 3/4 CUP | | | | | | | |
| 239 | 533 | PEARS,DICED:CAN LT SYRUP | 1/2 CUP | | | | | | | |
| 240 | 690 | FRESH FRUIT: (K-8) | HALF CUP | | | | | | | |
| 241 | 305 | JUICE VARIETY | CARTON (4 OZ) | | | | | | | |
| 242 | 231 | MILK, SKIM (varieties) | HALF PINT | | | | | | | |
| 243 | 230 | MILK,1% Lowfat White OAK FARMS | HALF PINT | | | | | | | |
| 244 | 900021 | Gravy,Fat Free,Country Style,P | 1/4 CUP | | | | | | | |
| 245 | 465 | KETCHUP: (2) individual | PACKET | | | | | | | |
| 246 | 515 | BARBEQUE SAUCE | 1 OZ | | | | | | | |
| 247 | 223 | MUSTARD: individual PC | SERV (2 PACKTS) | | | | | | | |
| 248 | 1050 | MAYONNAISE:FAT FREE INDVDL PC | Pkt 7g | | | | | | | |
| 249 | | | | | | | | | | |
| 250 | | | | | | | | | | |
| 251 | 983 | PIZZA, THIN, CHEESE, WG (ALPHA | SLICE | 8 | | | | | | |
| 252 | 982 | PIZZA, THIN, PEP WG (ALPHA) | SLICE | 9 | | | | | | |
| 253 | 962 | LASAGNA:CHEESE w/1 oz ROLL | SERVINGS | 8 | | | | | | |
| 254 | 987 | TURKEY & CHEESE SANDWICH(K-8) | 1 EACH | 5 | | | | | | |
| 255 | 439 | PEAS & CARROTS | 3/4 CUP | | | | | | | |
| 256 | 381 | CORN: frozen | 3/4 CUP | | | | | | | |
| 257 | 437 | PEACHES:slice, can, extra lite | 1/2 CUP | | | | | | | |
| 258 | 690 | FRESH FRUIT: (K-8) | HALF CUP | | | | | | | |
| 259 | 305 | JUICE VARIETY | CARTON (4 OZ) | | | | | | | |
| 260 | 231 | MILK, SKIM (varieties) | HALF PINT | | | | | | | |

| | A | B | C | D | E | F | G | H | I | J |
|-----|------|--|-----------------|---|---|---|---|---|---|---|
| 261 | 230 | MILK,1% Lowfat White OAK FARMS | HALF PINT | | | | | | | |
| 262 | 336 | RANCH DRESSING:FAT FREE | 2 PACKETS | | | | | | | |
| 263 | 223 | MUSTARD: individual PC | SERV (2 PACKTS) | | | | | | | |
| 264 | 1050 | MAYONNAISE:FAT FREE INDVDL PC | Pkt 7g | | | | | | | |
| 265 | | | | | | | | | | |
| 266 | | | | | | | | | | |
| 267 | 66 | BAR-B-QUE ON BUN | SERVING | 9 | | | | | | |
| 268 | 527 | CHEESEBURGER: K-5 | EACH | 7 | | | | | | |
| 269 | 1031 | HAMBURGER for Elem | EACH | 6 | | | | | | |
| 270 | 999 | TURKEY ON WHEAT BUN:(K-8) | 1 EACH | 6 | | | | | | |
| 271 | 462 | YOGURT:BLUEBERRY | 4 OZ. | 2 | | | | | | |
| 272 | 464 | YOGURT:PEACH | 4 OZ | 2 | | | | | | |
| 273 | 463 | YOGURT:STRAWBERRY | 4 OZ | 2 | | | | | | |
| 274 | 233 | CRACKERS,GRAHAM | 2 PKTS | | | | | | | |
| 275 | 351 | TATOR TOTS | 3 OZ. | | | | | | | |
| 276 | 343 | SALAD FOR SANDWICHES | 1/2 CUP | | | | | | | |
| 277 | 482 | MIXED FRUIT:can,lt syrup | 1/2 CUP | | | | | | | |
| 278 | 838 | BAKED BEANS: CAN | 3/4 CUP | | | | | | | |
| 279 | 690 | FRESH FRUIT: (K-8) | HALF CUP | | | | | | | |
| 280 | 305 | JUICE VARIETY | CARTON (4 OZ) | | | | | | | |
| 281 | 231 | MILK, SKIM (varieties) | HALF PINT | | | | | | | |
| 282 | 230 | MILK,1% Lowfat White OAK FARMS | HALF PINT | | | | | | | |
| 283 | 222 | KETCHUP: (4) individual | SERV (4 PACKTS) | | | | | | | |
| 284 | 1050 | MAYONNAISE:FAT FREE INDVDL PC | Pkt 7g | | | | | | | |
| 285 | 223 | MUSTARD: individual PC | SERV (2 PACKTS) | | | | | | | |
| 286 | | | | | | | | | | |
| 287 | | <i>Disclaimer: Nutrikids does not warranty report data and should not be used for treating medical conditions. Please consult a physician.</i> | | | | | | | | |
| 288 | | The points in this chart were calculated/offered by a local member of Weight Watchers International and bear no legal responsibility. | | | | | | | | |