

3-Week Cycle  
Menu: 4/2013,

WISD MS Recipe Number:	Weight Watcher Points are Based on <a href="#">Adult Serving Sizes (9-12 Grade)</a> Recipe Description:	subject to change. Portion Size:	Weight Watcher Points
6	BEEF FINGERS (K-8)	SERVING OF 4	7
466	CHICKEN STICKS:(K-8)	SERVING OF 8	5
567	CHEF SALAD, TURKEY - (K-8)	SERVING	6
999	TURKEY ON WHEAT BUN:(K-8)	EACH	6
498	MASHED POTATOES:MIX	3/4 CUP	2
329	BROCCOLI/w CHEESE	3/4 CUP	
690	FRESH FRUIT: (K-8)	HALF CUP	
534	PEARS/GELATIN	1/2 CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
582	ROLL,WHEAT:HONEY,FRZN 1.5 WG	1 EACH	4
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
900021	Gravy,Fat Free,Country Style,P	1/4 CUP	
465	KETCHUP: (2) individual	PACKET	
515	BARBEQUE SAUCE	1 OZ	
223	MUSTARD: individual PC	PACKET	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
983	PIZZA, THIN, CHEESE, WG (ALPHA	SLICE	8
982	PIZZA, THIN, PEP WG (ALPHA)	SLICE	9
968	CALZONE, PEPPERONI WG ALPHA	1 EACH	9
999	TURKEY ON WHEAT BUN:(K-8)	EACH	6
964	SALAD:DEEP GREEN	1 CUP	
374	GREEN BEANS:CAN,SEASONED	3/4 CUP	
482	MIXED FRUIT:can,lt syrup	3/4 CUP	
690	FRESH FRUIT: (K-8)	HALF CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
336	RANCH DRESSING:FAT FREE	2 PACKETS	
556	JALAPENO PEPPERS:SECONDARY	2 OZ	
223	MUSTARD: individual PC	PACKET	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
930	NACHO/CHICKEN & CHEESE:(K-8)	SERVINGS	9
587	CRISPITO/BEANS/SPANRICE: (K-8)	SERVING	10
1029	BURRITO, BEEF & CHEESE:(14875)	1 EACH	9
999	TURKEY ON WHEAT BUN:(K-8)	EACH	6
455	REFRIED BEANS:PKG	3/4 CUP	
381	CORN: frozen	3/4 CUP	
697	GELATIN W/CANNED FRUIT	1/2 CUP	

690	FRESH FRUIT: (K-8)	HALF CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
309	PICANTE SAUCE	1 OZ	
556	JALAPENO PEPPERS:SECONDARY	2 OZ	
223	MUSTARD: individual PC	PACKET	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
354	CHICKEN NUGGETS: (K-8)	5 NUGGETS	6
1033	PIZZA, PEPPERONI TURKEY, 5" RN	1 EACH	9
457	CREOLE SPAGHETTI	1 CUP	8
582	ROLL,WHEAT:HONEY,FRZN 1.5 WG	1 EACH	4
999	TURKEY ON WHEAT BUN:(K-8)	1 EACH	6
498	MASHED POTATOES:MIX	3/4 CUP	2
404	CARROTS:SLICED:FROZEN	3/4 CUP	
437	PEACHES:slice, can, extra lite	1/2 CUP	
690	FRESH FRUIT: (K-8)	HALF CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
900021	Gravy,Fat Free,Country Style,P	1/4 CUP	
465	KETCHUP: (2) individual	PACKET	
515	BARBEQUE SAUCE	1 OZ	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
223	MUSTARD: individual PC	PACKET	
299	HAMBURGER:+1cheese sli	1 BURGER	7
1021	CHEESEBURGER: 6-8	1 EACH	7
334	CORN DOG: (foster farms 96101)	1 EACH	7
313	HAM AND CHEESE MELT:WHEAT BUN	SANDWICH	7
351	TATOR TOTS	3 OZ.	5
838	BAKED BEANS: CAN	3/4 CUP	
343	SALAD FOR SANDWICHES	3/4 CUP	
690	FRESH FRUIT: (K-8)	HALF CUP	
530	APPLESAUCE/GELATIN	1/2 CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
222	KETCHUP: (4) individual	SERV (4 PACKTS)	
338	MUSTARD	PACKET	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
686	CHICK NUGG,ASIAN BOWL:K-8	5 NUGGETS	11
899	PENNE PASTA & CHICKEN	SERVING	10
567	CHEF SALAD, TURKEY - (K-8)	SERVING	6
999	TURKEY ON WHEAT BUN:(K-8)	EACH	6

498	MASHED POTATOES:MIX	3/4 CUP	
439	PEAS & CARROTS	3/4 CUP	
536	APPLESAUCE:GELATIN	1/2 CUP	
690	FRESH FRUIT: (K-8)	HALF CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
900021	Gravy,Fat Free,Country Style,P	1/4 CUP	
465	KETCHUP: (2) individual	PACKET	
515	BARBEQUE SAUCE	1 OZ	
232	CRACKERS:SALTINE, 3 pkgs	SERVING	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
223	MUSTARD: individual PC	PACKET	
983	PIZZA, THIN, CHEESE, WG (ALPHA	SLICE	8
982	PIZZA, THIN, PEP WG (ALPHA)	SLICE	9
962	LASAGNA:CHEESE w/1 oz ROLL	SERVINGS	8
999	TURKEY ON WHEAT BUN:(K-8)	EACH	6
404	CARROTS:SLICED:FROZEN	3/4 CUP	
964	SALAD:DEEP GREEN	3/4 CUP	1
534	PEARS/GELATIN	1/2 CUP	
690	FRESH FRUIT: (K-8)	HALF CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
336	RANCH DRESSING:FAT FREE	2 PACKETS	
556	JALAPENO PEPPERS:SECONDARY	2 OZ	
223	MUSTARD: individual PC	PACKET	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
587	CRISPITO/BEANS/SPANRICE: (K-8)	SERVING	10
989	QUESADILLA, CHICKEN (K-8)	SERV=3 WEDGES	6
938	TACO SALAD, BEEF & BEAN	SERVING	9
987	TURKEY & CHEESE SANDWICH(K-8)	EACH	6
1013	BLACK BEAN & CORN SALAD	3/4 CUP	
404	CARROTS:SLICED:FROZEN	3/4 CUP	
697	GELATIN W/CANNED FRUIT	1/2 CUP	
690	FRESH FRUIT: (K-8)	HALF CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
309	PICANTE SAUCE	1 OZ	
556	JALAPENO PEPPERS:SECONDARY	2 OZ	
223	MUSTARD: individual PC	PACKET	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
66	BAR-B-QUE ON BUN	SERVING	9

726	SPAGHETTI & MEATBALLS: CAN SA	1 CUP	11
742	EGG ROLLS,CHICKEN, MINH	2 EACH	9
999	TURKEY ON WHEAT BUN:(K-8)	EACH	6
374	GREEN BEANS:CAN,SEASONED	3/4 CUP	
964	SALAD:DEEP GREEN	1/2 CUP	
437	PEACHES:slice, can, extra lite	HALF CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
690	FRESH FRUIT: (K-8)	HALF CUP	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
338	MUSTARD	PACKET	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
763	RANCH DRESSING:FAT FREE (1)	PACKETS	
42	PICKLES,DILL (slices)	1/8 CUP	
968	CALZONE, PEPPERONI WG ALPHA	1 EACH	9
1021	CHEESEBURGER: 6-8	1 EACH	7
970	CHICKEN PATTIE ON BUN no chee	1 EACH	10
346	FRENCH FRIES: oven heat	3 OZ.	4
343	SALAD FOR SANDWICHES	1/2 CUP	
419	FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	
690	FRESH FRUIT: (K-8)	HALF CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
222	KETCHUP: (4) individual	SERV (4 PACKTS)	
338	MUSTARD	PACKET	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
648	BRKFST FOR LUNCH:OME&FR TST ST	SERVING	9
1008	TACOS, CHICKEN, MINI: (K-8)	SERVING = 3	7
29	BAKED POTATO/SC:SECONDARY	SERVING	11
999	TURKEY ON WHEAT BUN:(K-8)	EACH	6
582	ROLL,WHEAT:HONEY,FRZN 1.5 WG	1 EACH	4
374	GREEN BEANS:CAN,SEASONED	3/4 CUP	
139	SALAD,GARDEN: no dressing	1 CUP	
248	APRICOTS: can,diced, lt syrup	1/2 CUP	
690	FRESH FRUIT: (K-8)	HALF CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
465	KETCHUP: (2) individual	PACKET	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
312	SYRUP,PANCAKE	PKG (1.5 OZ.)	
983	PIZZA, THIN, CHEESE, WG (ALPHA)	SLICE	8
982	PIZZA, THIN, PEP WG (ALPHA)	SLICE	9

891	BEEF DIPPERS, TERI (K-8)	SERVING OF 4	4
999	TURKEY ON WHEAT BUN:(K-8)	EACH	6
849	ROLLS,WHOLE WHITE WHEAT 2 oz	serv	
329	BROCCOLI/w CHEESE	3/4 CUP	
388	BROCCOLI	3/4 CUP	
22	CARROT STICKS	3/4 CUP	
697	GELATIN W/CANNED FRUIT	1/2 CUP	
690	FRESH FRUIT: (K-8)	HALF CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
336	RANCH DRESSING:FAT FREE	2 PACKETS	
223	MUSTARD: individual PC	PACKET	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
573	NACHO/BEEF CR & CHEESE:(K-8)	SERVINGS	9
997	TERI CHIK (LING'S)wBR RICE K-8	#12 SCOOP	6
567	CHEF SALAD, TURKEY - (K-8)	SERVING	6
999	TURKEY ON WHEAT BUN:(K-8)	EACH	6
957	SOUP, TOMATO (CAMPBELLS)	1 CUP	
381	CORN: frozen	3/4 CUP	
437	PEACHES:slice, can, extra lite	1/2 CUP	
690	FRESH FRUIT: (K-8)	HALF CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
309	PICANTE SAUCE	1 OZ	
556	JALAPENO PEPPERS:SECONDARY	2 OZ	
232	CRACKERS:SALTINE, 3 pkgs	SERVING	
223	MUSTARD: individual PC	PACKET	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
686	CHICK NUGG,ASIAN BOWL:K-8	5 NUGGETS	11
6	BEEF FINGERS (K-8)	SERVING OF 4	7
989	QUESADILLA, CHICKEN (K-8)	SERV=3 WEDGES	9
999	TURKEY ON WHEAT BUN:(K-8)	EACH	6
498	MASHED POTATOES:MIX	3/4 CUP	
972	SALAD:Spinach & Mandarin	1 CUP	
697	GELATIN W/CANNED FRUIT	1/2 CUP	
690	FRESH FRUIT: (K-8)	HALF CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
849	ROLLS,WHOLE WHITE WHEAT 2 oz	serv	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
900021	Gravy,Fat Free,Country Style,P	1/4 CUP	
338	MUSTARD	PACKET	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	

465	KETCHUP: (2) individual	PACKET	
515	BARBEQUE SAUCE	1 OZ	
299	HAMBURGER:+1cheese sli	1 BURGER	7
1021	CHEESEBURGER: 6-8	1 EACH	7
66	BAR-B-QUE ON BUN	SERVING	9
346	FRENCH FRIES: oven heat	3 OZ.	5
964	SALAD:DEEP GREEN	1 CUP	
838	BAKED BEANS: CAN	3/4 CUP	
530	APPLESAUCE/GELATIN	1/2 CUP	
690	FRESH FRUIT: (K-8)	HALF CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
222	KETCHUP: (4) individual	SERV (4 PACKTS)	
338	MUSTARD	PACKET	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
42	PICKLES,DILL (slices)	1/8 CUP	

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

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