

Recipe Number	Recipe Description	Portion Size	Weight Watcher Points
685	CHICK NUGG,ASIAN BOWL:9-12	SERVING = 6	9
1034	CHICKEN, SWEET/SOUR:LINGS BOWL	SERVING	
329	BROCCOLI/w CHEESE	1 CUP	2
248	APRICOTS: can,diced, lt syrup	1 CUP	
438	PEAR HALVES: can, Xlite, drnd	1 CUP	
998	FRESH FRUIT: (9-12)	CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
1089	SWEET AND SOUR SAUCE: scratch	4 TBSP	
685	CHICK NUGG,ASIAN BOWL:9-12	SERVING = 6	9
757	TERI CHIK (LING'S)wBR RICE9-12	#12 SCOOP	
742	EGG ROLLS,CHICKEN, MINH	2 EACH	
405	MIXED VEGETABLES, CALIFORNIA	1 CUP	
1014	EDAMAME	1/4 CUP	
1091	PEACHES:slice, can, extra lite	1 CUP	
998	FRESH FRUIT: (9-12)	CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
1089	SWEET AND SOUR SAUCE: scratch	4 TBSP	
1020	CHICKEN, ORANGE:BOWL WG, LINGS	SERVING	
685	CHICK NUGG,ASIAN BOWL:9-12	SERVING = 6	
329	BROCCOLI/w CHEESE	1 CUP	
653	APRICOTS :HALVES,UNPEELED,LT S	1 CUP	
697	GELATIN W/CANNED FRUIT	CUP	
22	CARROT STICKS	1 CUP	
998	FRESH FRUIT: (9-12)	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	
685	CHICK NUGG,ASIAN BOWL:9-12	SERVING = 6	
757	TERI CHIK (LING'S)wBR RICE9-12	#12 SCOOP	
742	EGG ROLLS,CHICKEN, MINH	2 EACH	
405	MIXED VEGETABLES, CALIFORNIA	1 CUP	
1014	EDAMAME	1/4 CUP	

1091	PEACHES:slice, can, extra lite	1 CUP
482	MIXED FRUIT:can,lt syrup	1 CUP
998	FRESH FRUIT: (9-12)	CUP
305	JUICE VARIETY	CARTON (4 OZ)
231	MILK, SKIM (varieties)	HALF PINT
230	MILK,1% Lowfat White OAK FARMS	HALF PINT
1089	SWEET AND SOUR SAUCE: scratch	4 TBSP
685	CHICK NUGG,ASIAN BOWL:9-12	SERVING = 6
1034	CHICKEN, SWEET/SOUR:LINGS BOWL	SERVING
555	PEAS & CARROTS:FRZ PEAS,CN CAR	1 CUP
346	FRENCH FRIES: oven heat	3 OZ.
248	APRICOTS: can,diced, lt syrup	1 CUP
533	PEARS,DICED:CAN LT SYRUP	1 CUP
998	FRESH FRUIT: (9-12)	CUP
305	JUICE VARIETY	CARTON (4 OZ)
231	MILK, SKIM (varieties)	HALF PINT
230	MILK,1% Lowfat White OAK FARMS	HALF PINT
1089	SWEET AND SOUR SAUCE: scratch	4 TBSP
337	CATSUP	2 PACKETS

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.