

Recipe Number	Recipe Description	Portion Size	Weight Watcher Points
571	CHEF SALAD, HAM - (9-12)	SERVING	6
328	CHEF SALAD, TURKEY - (HIGH)	SERVING	5
1023	CHEF SALAD, CHICKEN FAJITA9-12	EACH	13
740	CHEF SALAD, CHEESE - (PK-12)	SERVING	6
613	DELI COMBO SANDWICH,HS	SANDWICH	6
561	PBJ on WG Hoagie Roll	Scoop #16	17
716	WRAP, DELI TURKEY BREAST	1 EACH	8
343	SALAD FOR SANDWICHES	1 CUP	
22	CARROT STICKS	1 CUP	1
482	MIXED FRUIT:can,lt syrup	1 CUP	5
998	FRESH FRUIT: (9-12)	1 CUP	
305	JUICE VARIETY	CARTON (4 OZ)	2
1035	ROLL, HONEY WHEAT WG, 2oz:9-12	ROLL	4
1024	CRACKERS:SALTINE 4 PKG 2 G	SVG of 4 PKGS	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
223	MUSTARD: individual PC	SERV (2 PACKTS)	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
763	RANCH DRESSING:FAT FREE (1)	PACKETS	
740	CHEF SALAD, CHEESE - (PK-12)	SERVING	see above
571	CHEF SALAD, HAM - (9-12)	SERVING	
328	CHEF SALAD, TURKEY - (HIGH)	SERVING	
1023	CHEF SALAD, CHICKEN FAJITA9-12	EACH	
613	DELI COMBO SANDWICH,HS	SANDWICH	
716	WRAP, DELI TURKEY BREAST	1 EACH	
561	PBJ on WG Hoagie Roll	Scoop #16	
343	SALAD FOR SANDWICHES	1 CUP	
442	CELERY & CARROTS	1 CUP	
1027	HUMMUS,COMMERCIAL	1 each	4
248	APRICOTS: can,diced, lt syrup	1 CUP	
998	FRESH FRUIT: (9-12)	CUP	
1024	CRACKERS:SALTINE 4 PKG 2 G	SVG of 4 PKGS	
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	SERV (2 PACKTS)	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	
740	CHEF SALAD, CHEESE - (PK-12)	SERVING	
571	CHEF SALAD, HAM - (9-12)	SERVING	
328	CHEF SALAD, TURKEY - (HIGH)	SERVING	

1023	CHEF SALAD, CHICKEN FAJITA9-12	EACH	
712	WRAP, FAJITA	EACH	
613	DELI COMBO SANDWICH,HS	SANDWICH	
561	PBJ on WG Hoagie Roll	Scoop #16	
885	SOUP, POTATO CHEESE	1 CUP	5
343	SALAD FOR SANDWICHES	1 CUP	
482	MIXED FRUIT:can,lt syrup	1 CUP	
998	FRESH FRUIT: (9-12)	1 CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
959	CRAZY CRUST COBBLER	HALF CUP	4
1035	ROLL, HONEY WHEAT WG, 2oz:9-12	ROLL	4
1024	CRACKERS:SALTINE 4 PKG 2 G	SVG of 4 PKGS	
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	SERV (2 PACKTS)	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	

740	CHEF SALAD, CHEESE - (PK-12)	SERVING	
571	CHEF SALAD, HAM - (9-12)	SERVING	
328	CHEF SALAD, TURKEY - (HIGH)	SERVING	
1023	CHEF SALAD, CHICKEN FAJITA9-12	EACH	
613	DELI COMBO SANDWICH,HS	SANDWICH	
682	WRAP, FAJITA CHICKEN CAESAR	1 EACH	
561	PBJ on WG Hoagie Roll	Scoop #16	
442	CELERY & CARROTS	1 CUP	
1027	HUMMUS,COMMERCIAL	1 each	
343	SALAD FOR SANDWICHES	1 CUP	
959	CRAZY CRUST COBBLER	HALF CUP	
248	APRICOTS: can,diced, lt syrup	1 CUP	
998	FRESH FRUIT: (9-12)	1 CUP	
305	JUICE VARIETY	CARTON (4 OZ)	
1024	CRACKERS:SALTINE 4 PKG 2 G	SVG of 4 PKGS	
231	MILK, SKIM (varieties)	HALF PINT	
230	MILK,1% Lowfat White OAK FARMS	HALF PINT	
336	RANCH DRESSING:FAT FREE	2 PACKETS	
338	MUSTARD	PACKET	
1050	MAYONNAISE:FAT FREE INDVDL PC	Pkt 7g	

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561	PBJ on WG Hoagie Roll	Scoop #16
343	SALAD FOR SANDWICHES	1 CUP
22	CARROT STICKS	1 CUP
536	APPLESAUCE:GELATIN	1 CUP
998	FRESH FRUIT: (9-12)	CUP
1035	ROLL, HONEY WHEAT WG, 2oz:9-12	ROLL
1024	CRACKERS:SALTINE 4 PKG 2 G	SVG of 4 PKGS
305	JUICE VARIETY	CARTON (4 OZ)
231	MILK, SKIM (varieties)	HALF PINT
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223	MUSTARD: individual PC	SERV (2 PACKTS)
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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.