

| Recipe Number | Recipe Description             | Portion Size  | Weight Watcher Points |
|---------------|--------------------------------|---------------|-----------------------|
| 589           | CRISPITO-CHS/BEANS: (9-12)     | SERVING       | 16                    |
| 993           | NACHO/BEEF CR & CHEESE:(9-12)  | SERVINGS      | 11                    |
| 455           | REFRIED BEANS:PKG              | 1 CUP         | 7                     |
| 22            | CARROT STICKS                  | 1 CUP         |                       |
| 964           | SALAD:DEEP GREEN               | 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     |                       |
| 626           | SALSA                          | 1/4 CUP       |                       |
| 556           | JALAPENO PEPPERS:SECONDARY     | 2 OZ          |                       |
| 763           | RANCH DRESSING:FAT FREE (1)    | PACKETS       |                       |
| 443           | QUESADILLA, CHICKEN (9-12)     | SERV          | 9                     |
| 1029          | BURRITO, BEEF & CHEESE:(14875) | 1 EACH        | 9                     |
| 584           | ENCHILADAS,CHEESE: (LOS CABOS) | SERVING OF 2  | 9                     |
| 618           | SPANISH RICE:MIX w/BROWN RICE  | 3/8 CUP       | 2                     |
| 381           | CORN: frozen                   | 1 CUP         | 4                     |
| 350           | LETTUCE & TOMATO SALAD         | 1 CUP         |                       |
| 530           | APPLESAUCE/GELATIN             | 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     |                       |
| 626           | SALSA                          | 1/4 CUP       |                       |
| 556           | JALAPENO PEPPERS:SECONDARY     | 2 OZ          |                       |
| 589           | CRISPITO-CHS/BEANS: (9-12)     | SERVING       | 16                    |
| 993           | NACHO/BEEF CR & CHEESE:(9-12)  | SERVINGS      | 11                    |
| 996           | NACHO/CHICKEN & CHEESE:(9-12)  | SERVINGS      | 11                    |
| 455           | REFRIED BEANS:PKG              | 1 CUP         | 7                     |
| 374           | GREEN BEANS:CAN,SEASONED       | CUP           | 2                     |
| 964           | SALAD:DEEP GREEN               | 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     |                       |
| 626           | SALSA                          | 1/4 CUP       |                       |
| 556           | JALAPENO PEPPERS:SECONDARY     | 2 OZ          |                       |
| 763           | RANCH DRESSING:FAT FREE (1)    | PACKETS       |                       |

|      |                                |               |    |
|------|--------------------------------|---------------|----|
| 443  | QUESADILLA, CHICKEN (9-12)     | SERV          | 9  |
| 1029 | BURRITO, BEEF & CHEESE:(14875) | 1 EACH        | 9  |
| 584  | ENCHILADAS,CHEESE: (LOS CABOS) | SERVING OF 2  | 9  |
| 618  | SPANISH RICE:MIX w/BROWN RICE  | 3/8 CUP       | 2  |
| 381  | CORN: frozen                   | 1 CUP         | 4  |
| 350  | LETTUCE & TOMATO SALAD         | 1 CUP         |    |
| 530  | APPLESAUCE/GELATIN             | 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     |    |
| 626  | SALSA                          | 1/4 CUP       |    |
| 556  | JALAPENO PEPPERS:SECONDARY     | 2 OZ          |    |
|      |                                |               |    |
| 589  | CRISPITO-CHS/BEANS: (9-12)     | SERVING       | 16 |
| 993  | NACHO/BEEF CR & CHEESE:(9-12)  | SERVINGS      | 11 |
| 455  | REFRIED BEANS:PKG              | 1 CUP         | 7  |
| 22   | CARROT STICKS                  | 1 CUP         |    |
| 964  | SALAD:DEEP GREEN               | CUP           |    |
| 998  | FRESH FRUIT: (9-12)            | CUP           |    |
| 305  | JUICE VARIETY                  | CARTON (4 OZ) |    |
| 437  | PEACHES:slice, can, extra lite | 1 CUP         |    |
| 231  | MILK, SKIM (varieties)         | HALF PINT     |    |
| 230  | MILK,1% Lowfat White OAK FARMS | HALF PINT     |    |
| 626  | SALSA                          | 1/4 CUP       |    |
| 556  | JALAPENO PEPPERS:SECONDARY     | 2 OZ          |    |
| 763  | RANCH DRESSING:FAT FREE (1)    | 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.