Recipe Number	Recipe Description	Portion Size	Weight Watcher Points
589 993 455 22 964 998 305 231 230 626 556 763	CRISPITO-CHS/BEANS: (9-12) NACHO/BEEF CR & CHEESE:(9-12) REFRIED BEANS:PKG CARROT STICKS SALAD:DEEP GREEN FRESH FRUIT: (9-12) JUICE VARIETY MILK, SKIM (varieties) MILK,1% Lowfat White OAK FARMS SALSA JALAPENO PEPPERS:SECONDARY RANCH DRESSING:FAT FREE (1)	SERVING SERVINGS 1 CUP 1 CUP CUP CUP CARTON (4 OZ) HALF PINT HALF PINT 1/4 CUP 2 OZ PACKETS	16 11 7
443 1029 584 618 381 350 530 998 305 231 230 626 556	QUESADILLA, CHICKEN (9-12) BURRITO, BEEF & CHEESE: (14875) ENCHILADAS, CHEESE: (LOS CABOS) SPANISH RICE: MIX w/BROWN RICE CORN: frozen LETTUCE & TOMATO SALAD APPLESAUCE/GELATIN FRESH FRUIT: (9-12) JUICE VARIETY MILK, SKIM (varieties) MILK,1% Lowfat White OAK FARMS SALSA JALAPENO PEPPERS: SECONDARY	SERV 1 EACH SERVING OF 2 3/8 CUP 1 CUP 1 CUP CUP CUP CARTON (4 OZ) HALF PINT HALF PINT 1/4 CUP 2 OZ	9 9 9 2 4
589 993 996 455 374 964 998 305 231 230 626 556 763	CRISPITO-CHS/BEANS: (9-12) NACHO/BEEF CR & CHEESE:(9-12) NACHO/CHICKEN & CHEESE:(9-12) REFRIED BEANS:PKG GREEN BEANS:CAN,SEASONED SALAD:DEEP GREEN FRESH FRUIT: (9-12) JUICE VARIETY MILK, SKIM (varieties) MILK,1% Lowfat White OAK FARMS SALSA JALAPENO PEPPERS:SECONDARY RANCH DRESSING:FAT FREE (1)	SERVING SERVINGS SERVINGS 1 CUP CUP CUP CUP CHP CUP CARTON (4 OZ) HALF PINT HALF PINT 1/4 CUP 2 OZ PACKETS	16 11 11 7 2

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.