

Weight Watchers (Point Plus) Points for School Lunch by Category

<u>Entrée</u>	<u>Points</u>	<u>Side Items</u>	<u>Points</u>	<u>Fruit</u>	<u>Points</u>
American Deli with chips/without	11/8	3-Bean Salad	2	Apple Wedges w/ Dip	3
BBQ Chicken	5	Baked Beans	5	Apple Wedges w/out Dip	0
BBQ on Bun/without bun	8/5	Broccoli & Cheese	3	Applesauce	0
BBQ Rib on Hoagie	11	Broccoli Salad	10	Banana	0
Beef Stew with rice/without	10/4	Carrot & Raisin Salad	4	Fresh Fruit Cup	0
Brunch for Lunch	16	Cheesy California Veggies	2	Fruit Cocktail	0
Cheese Sticks w/ Marinara	12	Cheesy Potatoes	3	Grapes	0
Cheeseburger with bun/without	13/10	Coleslaw	1	Melon Cup	0
Cheesy Chicken & Rice	8	Copper Pennies	2	Mixed Fruit	0
Chicken & Dumplings	7	Corn	4	Orange Wedges	0
Chicken Fajita Pita	10	Creamed Potatoes	3	Pears	0
Chicken Gumbo	9	Cucumber Dippers	0	Pineapple	0
Chicken Noodle Soup	4	Fries	5	Plum	0
Chicken Nuggets	6	Greek Salad	3	Sliced Peaches	0
Chicken Parmesan Pattie only	7	Green Beans	1		
Chicken Spaghetti	8	Green Peas	2		
Chicken Tenders	6	Hashbrowns	5		
Chili Cheese Bowl with chips/without	11/7	Lima Beans	2	<u>Dessert</u>	<u>Points</u>
Chili Hamburger	10	Lima Beans & Corn Succotash	3	Banana Pudding	5
Corndog Nuggets (8)	10	Marinated Bean/Salsa	3	Brownie	4
Country Fried Steak w/ gravy or bun	11	Mixed Veggies	2	Cake w/ Icing	8
Fish Nuggets/Shrimp Poppers	11	Potato Salad	7	Chocolate Chip Cookie	4
Grilled Cheese Sandwich	6	Ranch Baked Potato	3	Fruit Crisp Cobbler	5
Grilled Chicken on Bun/without bun	6/3	Refried Beans	3	Fruit Freeze	2
Hamburger with bun/without bun	7/4	Seasoned Greens	1	Jello w/ topping	2
Hamburger Pie w/ Tots	12	Sm. Red Beans/Rice	3	Juice Bar	2
Jambalaya	9	Spinach Salad	3	Oatmeal Cookie	4
Oriental Chicken	10	Steamed Cabbage	0	Peanut Butter Dessert	5
Philly Cheese Steak	10	Sweet Pea / Cheese Salad	1	Peanut Butter Fluff	14
Pimento Cheese Sandwich	8	Sweet Potato Cubes	11	Pudding Plus	4
Pizza	8	Tossed Salad	1	Pudding w/ Topping	4
Quesadilla	7	Trimmings	0	Rice Crispy Treat	3
Red Beans & Rice	8	Veggies & Dip	1		
Saucy Chicken Wings w/ dip	20	Yam Patties	3	<u>BREAKFAST</u>	<u>Points</u>
Spaghetti & Meat Sauce	8			Apple Freudel	6
Spicy Chicken on Bun/without bun	8	<u>BREADS/GRAINS</u>	<u>Points</u>	Breakfast Cookie	9
Stromboli	12	Cornbread	6	Breakfast Pizza	6
Taco Soup with chips/without chips	10/6	Cinnamon Croutons	4	French Toast Sticks	10
Tamale Pie with chips/without chips	12/8	Croutons	2	Grits	5
Vegetable Soup	5	Mac & Cheese	3	Mini Cinnies	6
<u>SIGNATURE MEALS</u>		Pasta Salad	4	Mini Pancakes	6
Gr. Chicken Caesar Salad	12	Rice & Gravy	7	Pancake Pup	13
Mandarin Chicken Salad	15	Sun Chips	4	Sausage Biscuit	7
Veg Wrap w/ chips & dressing	19	Whole Wheat Breadstick	4		
Veg Wrap w/out chips	16	Whole Wheat Roll	4		
Fruit/Yogurt Salad w/ PB&J	14				
Fruit/Yogurt Salad w/ cheese/crackers	11	***NOTE*** if you eat all the fruit in the fruit salad, you must			
Tuna/Chicken Salad Deli Sandwich	22	count the other fruit you eat throughout the day.			
Chef Salad	7				