Cafeteria Menu Weight Watcher Freestyle Points

Bacon Cheeseburger 10 Cheesburger Pie 15 Banana 0 BBQ Sauce (12 gm pk) 1 Baked Chicken 6 Cheesy Burger Bake 14 Grapes 0 Homemade Ranch (2 TBSP) 4 BBQ Chicken Hoagie 10 Meat Lovers Pizza 11 Melon 0 Italian (1.5 oz pk) 0 BBed Raxinol (1 cup) 10 Turkey & Cheese Lunchable 10 Nectarine 0 Jelly (1 pk) 2 Beef Raviol (1 cup) 10 Turkey & Cheese Lunchable 10 Orange 0 Ketchup (2 pks) 1 Cheese French Bread Pizza 10 Pear 0 Lite Ranch (1.5 oz pk) 6 Cheeseburger 9 Plum 0 Maple Syrup (1 pk) 6 Cheeseburger 9 Pear 0 Lite Ranch (1.5 oz pk) 6 Chicken Fajitas 8 Baked Beans 5 Chicken Fajitas 8 Baked Beans 5 Chicken Noodle Soup (1 cup) 3 Black-eyes Peas 0 Chicken Patty Sandwich (Baked) (5 Nuggets) 7 Broccoli Salad 4 Apricots 6 Ranch FF (12 gm pk) 0 Chicken Patty Sandwich (Baked) 10 California Vegetables 2 Peaches 4 Ranch FF (2 -12gm pks) 1 Chilli Frito Pie 13 Corn on the Cob 1 Corn Dog Nuggets (6 items) 9 French Fries (baked) 3 French Fries (baked) 3 French Fries (baked) 4 French Fries (baked) 5 Corn Dog Nuggets (6 items) 9 French Fries (baked) 3 French Fries (baked) 4 French Fries (baked) 7 Potato Tots or Wedges 4 Hama & Cheese Sandwich 8 Green Beans 1 F/F Vanilla 6 Bacon Sitices (2 2 2 Hama & Cheese on Bun 8 Mashed Potatoes & Gravy 3 F/F White 4 Toaster Pastry 7 Hamburger 7 Pinto Beans 1 F/F Vanilla 6 Bacon Sitices (2 2 2 Hama & Cheese on Bun 8 Mashed Potatoes & Gravy 3 F/F White 4 Toaster Pastry 7 Hamburger 7 Pinto Beans 1 F/F Vanilla 6 Bacon Sitices (2 2 2 2 Hama & Cheese on Bun 8 Mashed Potatoes & Gravy 3 F/F White 3 Biscuit (Pillsbury White) 7 Hamburger 7 Pinto Beans 1 F/F Vanilla 6 Bacon Sitices (2 2 2 2 2 2 2 2 2 2	Entrees		Entrees		Fresh Fruit		Condiments	
Baked Chicken	Cheesy Breadstick (1 item)	5	BBQ Chicken Flatbread	10	Apple	0	1000 Island (1.5 oz pk)	2
BBQ Chicken Hoagie	Bacon Cheeseburger	10	Cheesburger Pie	15	Banana	0	BBQ Sauce (12 gm pk)	1
Beef Nachos	Baked Chicken	6	Cheesy Burger Bake	14	Grapes	0	Homemade Ranch (2 TBSP)	4
Beef Nachos	BBQ Chicken Hoagie	10	Meat Lovers Pizza	11	Melon	0	Italian (1.5 oz pk)	0
Beef Ravioli (1 cup)	Beef Nachos	15	Mini Hot Dogs (2 items)	10	Nectarine	0		2
Plum	Beef Ravioli (1 cup)	10		10	Orange			1
Cheesy Chicken/Rice (6 oz)	Cheese French Bread Pizza	10	,	*	Pear			6
Chicken & Sausage Gumbo	Cheeseburger	9			Plum	0	Maple Syrup (1 pk)	6
Chicken Fajitas 8 Baked Beans Chicken Noodle Soup (1 cup) 3 Black-eyes Peas 0 Frozen Fruit Mustard (3 pks) 0 Chicken Nuggets (Baked) (5 Nuggets) 7 Broccoli Salad 4 Apricots 6 Ranch FF (12 gm pk) 0 Chicken Patty Sandwich (Baked) 10 California Vegetables 2 Peaches 4 Ranch FF (12 rugm pk) 1 Chicken Tenders, Baked (3 items) 6 Carrots & Tomatoes 0 Strawberries 4 Sweet and Sour Sauce (28 gm) 1 Taco Sauce (2 pk) 1 Tartar Sauce (12 gm pk) 1 Corni Dog 1 Crearby (Panch Corn Dog 1 Crearby (Corn Dog) 1 FF (C	Cheesy Chicken/Rice (6 oz)	11	Vegetable (1/2 cup)		Peach	0	Marinara (2 pk)	1
Chicken Noodle Soup (1 cup) 3 Black-eyes Peas 0 Fozen Fruit Mustard (3 pks) 0 Chicken Nuggets (Baked) (5 Nuggets) 7 Broccoli Salad 4 Apricots 6 Ranch FF (12 gm pk) 0 Chicken Paches 4 Ranch FF (2 - 12 gm pk) 10 California Vegetables 2 Peaches 4 Ranch FF (2 - 12 gm pk) 10 Chicken Tenders, Baked (3 items) 6 Carrots & Tomatoes 0 Strawberries 4 Sweet and Sour Sauce (28 gm) 2 Taco Sauce (2 pk) 1 Tartar Sauce (2 pk) 1 Tartar Sauce (2 pk) 1 Tartar Sauce (12 gm pk) 1 Tartar Sauce (2 pk) 1 Tartar Sauce (12 gm pk) 1 F/F Chocolate 5 Grilled Cheese Sandwich 8 Green Beans 1 F/F Vanilla 6 Bacon Slices (2) 2 Peaches 4 Ranch FF (12 gm pk) 1 Tartar Sauce (2 pk) 1 Tartar Sauce (12 gm pk) 1 Tartar Sauce (12 pm pk) 1 Tartar Sauce (12 gm pk) 1 Tartar Sauce (12 pm pk) 1 Tartar Sauc	Chicken & Sausage Gumbo	8	Green Peas	0		•		1
Chicken Nuggets (Baked) (5 Nuggets) 7 Broccoli Salad 4 Apricots 6 Ranch FF (12 gm pk) 0 Chicken Patty Sandwich (Baked) 10 California Vegetables 2 Peaches 4 Ranch FF (2 - 12gm pk) 1 Chilken Patty Sandwich (Baked) 10 California Vegetables 2 Peaches 4 Ranch FF (2 - 12gm pk) 1 Chilken Patty Sandwich (Baked) 10 California Vegetables 2 Peaches 4 Ranch FF (2 - 12gm pk) 1 Chilken Patty Sandwich (Baked) 10 California Vegetables 2 Peaches 4 Ranch FF (2 - 12gm pk) 1 Carrots w/ Ranch 0 Tarco Sauce (2 pk) 1 Carrots w/ Ranch 0 Tarco Sauce (2 pk) 1 Carrots w/ Ranch 0 Tarco Sauce (2 pk) 1 Tartar Sauce (12 gm pk) 1 Tartar Sau	Chicken Fajitas	8		5	Ī			3
Chicken Patty Sandwich (Baked) 10 California Vegetables 2 Peaches 4 Ranch FF (2 - 12gm pks) 1 Chicken Tenders, Baked (3 items) 6 Carrots & Tomatoes 0 Strawberries 4 Sweet and Sour Sauce (28 gm) 2 Taco Sauce (2 pk) 1 Taco Sauce (2 pk) 1 Tartar Sauce (12 gm pk) 1 Tartar Sauce (1	Chicken Noodle Soup (1 cup)	3	Black-eyes Peas	0	Frozen Fruit		Mustard (3 pks)	0
Chilic Frenders, Baked (3 items) 6 Carrots & Tomatoes 0 Strawberries 4 Sweet and Sour Sauce (28 gm) 2 Chili Cheese Dog 16 Carrots w/ Ranch 0 Taco Sauce (2 pk) 1 Tartar Sauce (12 gm pk) 1 Tartar Sauce	Chicken Nuggets (Baked) (5 Nuggets)	7	Broccoli Salad	4	Apricots	6	Ranch FF (12 gm pk)	0
Chili Cheese Dog	Chicken Patty Sandwich (Baked)	10	California Vegetables	2	Peaches	4	Ranch FF (2 - 12gm pks)	1
Chili Frito Pie 13 Corn on the Cob 1 Tartar Sauce (12 gm pk) 1 Corn Dog 8 Creamy Cole Slaw 4 Milk Corn Dog Nuggets (6 items) 9 French Fries (baked) 3 F/F Chocolate 5 Grilled Cheese Sandwich 8 Green Beans 1 F/F Strawberry 6 Breakfast Grilled Chicken/Bun 8 Lima Beans 1 F/F Vanilla 6 Bacon Slices (2) 2 Ham & Cheese on Bun 8 Mashed Potatoes & Gravy 3 F/F White 3 Biscuit (Pillsbury White) 7 Hamburger 7 Pinto Beans 0 L/F White 4 Toaster Pastry 7 Hamburger Steak w/Gravy 3 Potato Tots or Wedges 4 Honey BBQ Chicken Chunks 10 Seasoned Cabbage 2 Hot Wings (3) 6 Southern Greens 2 Bread Chicken (without rice) 9 Steamed Broccoli 1 Biscuit (Pillsbury White) 7 Rexican Pizza (1 slice) 11 Steamed Carrots 2 Brown Rice 1/2 cup 3 French Toast Sticks (3) 9 Pepperoni Pizza (1 slice) 11 Sweet Potato Tots 3 Cornbread (1 oz.) 3 Fruch Toast Sticks (3) 9 Red Beans & Rice 9 Sweet Potato Waffle Fries 4 Cornbread (2 oz) 7 Grits (1/2 cup) 2 Salad, Chef (Ham) 7 Wy Cheese, Crouton, Crackers, & Dressing) 18	Chicken Tenders, Baked (3 items)	6		0	Strawberries	4	Sweet and Sour Sauce (28 gm)	2
Corn Dog B Creamy Cole Slaw 4 Milk Corn Dog Nuggets (6 items) 9 French Fries (baked) 3 F/F Chocolate 5 Grilled Cheese Sandwich 8 Green Beans 1 F/F Strawberry 6 Breaktast Grilled Chicken/Bun 8 Lima Beans 1 F/F Vanilla 6 Bacon Slices (2) 2 Ham & Cheese on Bun 8 Mashed Potatoes & Gravy 1 F/F White 3 Biscuit (Pillsbury White) 7 Pinto Beans 0 L/F White 4 Toaster Pastry 7 Assorted Cereal (no milk) 4 Horey BBQ Chicken Chunks 10 Seasoned Cabbage 2 Honey BBQ Chicken (without rice) 9 Steamed Broccoli 1 Biscuit (Pillsbury White) 7 Egg, Bacon, Toast, Jelly 6 Mexican Pizza (1 slice) 11 Steamed Carrots 2 Brown Rice 1/2 cup 3 French Toast Sticks (3) 9 Pepperoni Pizza (1 slice) 11 Sweet Potato Tots 3 Cornbread (1 oz.) 5 Alad, Chef (Ham) W/ Cheese, Crouton, Crackers, & Dressing) 18 Whole kernel corn 1 Mac & Cheese (1/2 cup) 4 Sausage & Biscuit 8 Rice W/gravy (1/2 cup) 4 Sausage & Pancake on Stick 7	Chili Cheese Dog	16	Carrots w/ Ranch	0		•		1
Corn Dog Nuggets (6 items) 9 French Fries (baked) 3 F/F Chocolate 5 Grilled Cheese Sandwich 8 Green Beans 1 F/F Strawberry 6 Breakfast 6 Bacon Slices (2) 2 Ham & Cheese on Bun 8 Mashed Potatoes & Gravy 1 F/F White 3 Biscuit (Pillsbury White) 7 Pinto Beans 0 L/F White 4 Toaster Pastry 7 Phorey BBQ Chicken Chunks 10 Seasoned Cabbage 2 Cheese Toast 1 F/F Vanilla 6 Bacon Slices (2) 2 Hamburger 7 Pinto Beans 0 L/F White 4 Toaster Pastry 7 Assorted Cereal (no milk) 4 Cheese Toast 5 Cheese Toast 5 Cheese Toast 1 Seamed Broccoli 1 Biscuit (Pillsbury White) 7 Egg, Bacon, Toast, Jelly 6 Mexican Pizza (1 slice) 11 Steamed Carrots 2 Brown Rice 1/2 cup 3 French Toast Sticks (3) 9 Pepperoni Pizza (1 slice) 11 Sweet Potato Tots 3 Cornbread (1 oz.) 8 Frudel 8 Red Beans & Rice 9 Sweet Potato Waffle Fries 4 Cornbread (2 oz) 7 Grits (1/2 cup) 2 Salad, Chef (Ham) 8 Mexican Rice (1/2 cup) 9 Sussage & Biscuit 1 Mac & Cheese (1/2 cup) 1 Mac & Cheese (1/2 cup) 1 Mexican Rice (1/2 cup) 4 Sausage & Biscuit 8 Mashed Potatoes & Gravy 1 F/F Vanilla 6 Bacon Slices (2) 2 Cheese (2) 2 Drown Rice 1/2 cup 3 French Toast Sticks (3) 9 Pepperoni Pizza (1 slice) 9 Sweet Potato Waffle Fries 4 Cornbread (2 oz) 7 Grits (1/2 cup) 7 Grits (1/2 cup) 8 Mexican Rice (1/2 cup) 8 Mexican Rice (1/2 cup) 9 Mexican Rice (1/2 cup) 9 Mexican Rice (1/2 cup) 1 Mac & Cheese (1/2 cup) 1 Mexican Rice (1/2 cup) 1 Sausage & Pancake on Stick 7	Chili Frito Pie	13		1	Ī		Tartar Sauce (12 gm pk)	1
Grilled Cheese Sandwich Grilled Chicken/Bun 8 Lima Beans 1 F/F Vanilla 6 Bacon Slices (2) 2 Ham & Cheese on Bun 8 Mashed Potatoes & Gravy 3 F/F White 3 Biscuit (Pillsbury White) 7 Pinto Beans 0 L/F White 4 Toaster Pastry 7 Potato Tots or Wedges 4 Honey BBQ Chicken Chunks 10 Seasoned Cabbage 2 Hot Wings (3) 6 Southern Greens 2 Bread Chicken & Biscuit 11 Mandarin Orange Chicken (without rice) 9 Steamed Broccoli 1 Biscuit (Pillsbury White) 7 Egg, Bacon, Toast, Jelly 6 Mexican Pizza (1 slice) 11 Steamed Carrots 2 Brown Rice 1/2 cup 3 French Toast Sticks (3) 9 Pepperoni Pizza (1 slice) 8 Sweet Potato Tots 3 Cornbread (1 oz.) 8 Frudel 8 Red Beans & Rice 9 Sweet Potato Waffle Fries 4 Cornbread (2 oz) 7 Grits (1/2 cup) 2 Salad, Chef (Ham) 8 Mexican Rice (1/2 cup) 9 Fizza 9 Fizza 1 Mace & Cheese (1/2 cup) 1 Mace & Cheese (1/2 cup) 4 Sausage & Biscuit 8 Rice w/gravy (1/2 cup) 4 Sausage & Pancake on Stick 7	Corn Dog	8		4	Milk			•
Grilled Chicken/Bun Bacon Slices (2) Bacon Slices (2) Cham & Cheese on Bun Mashed Potatoes & Gravy Mamburger 7 Pinto Beans 0 L/F White 3 Biscuit (Pillsbury White) 7 Pinto Beans 0 L/F White 4 Toaster Pastry 7 Pinto Beans 1 F/F White 3 Biscuit (Pillsbury White) 7 Pinto Beans 0 L/F White 4 Toaster Pastry 7 Pinto Beans Assorted Cereal (no milk) 4 Cheese Toast 5 Cheese Toast 5 Prepared Chicken & Biscuit 11 Biscuit (Pillsbury White) 7 Egg, Bacon, Toast, Jelly 6 Brown Rice 1/2 cup 3 French Toast Sticks (3) 9 Pepperoni Pizza (1 slice) 11 Sweet Potato Tots 12 Brown Rice 1/2 cup 3 French Toast Sticks (3) 9 Pepperoni Pizza (1 slice) 11 Sweet Potato Waffle Fries 12 Brown Rice 1/2 cup 3 French Toast Sticks (3) 9 Preudel 8 Red Beans & Rice 9 Sweet Potato Waffle Fries 4 Cornbread (1 oz.) 5 Salad, Chef (Ham) 7 Wy Cheese, Crouton, Crackers, & Dressing) 18 Whole kernel corn 1 Mac & Cheese (1/2 cup) 4 Sausage & Biscuit 8 Rice w/gravy (1/2 cup) 4 Sausage & Pancake on Stick 7	Corn Dog Nuggets (6 items)	9	French Fries (baked)	3	F/F Chocolate	5		
Ham & Cheese on Bun Bascuit (Pillsbury White) 7	Grilled Cheese Sandwich	8	Green Beans	1	F/F Strawberry	6	Breakfast	
Hamburger Steak w/Gravy 3 Potato Tots or Wedges 4 Assorted Cereal (no milk) 4 Cheese Toast 5 Honey BBQ Chicken Chunks 10 Seasoned Cabbage 2 Chicken (without rice) 9 Steamed Broccoli 1 Biscuit (Pillsbury White) 7 Egg, Bacon, Toast, Jelly 6 Mexican Pizza (1 slice) 11 Sweet Potato Tots 2 Brown Rice 1/2 cup 3 French Toast Sticks (3) 9 Pepperoni Pizza (1 slice) 11 Sweet Potato Tots 3 Cornbread (1 oz.) 3 Frudel 8 Red Beans & Rice 9 Sweet Potato Waffle Fries 4 Cornbread (2 oz) 7 Grits (1/2 cup) 2 Salad, Chef (Ham) Tossed Salad 0 Garlic Toast 3 Mini Pancakes (8) 7 W/ Cheese, Crouton, Crackers, & Dressing) 18 Whole kernel corn 1 Mac & Cheese (1/2 cup) 4 Sausage & Biscuit 7 Sausage & Pancake on Stick 7	Grilled Chicken/Bun	8	Lima Beans	1	F/F Vanilla	6	Bacon Slices (2)	2
Hamburger Steak w/Gravy Honey BBQ Chicken Chunks Honey Bag Chicken Chunks Honey BBQ Chicken Chunks Honey Bag Chicken Chicken Chicken Chicken Chunks Honey BBQ Chicken Chunks Honey Bag Chicken Chicken Chicken Chicken Chicken Chunks Honey BBQ Chicken Chunks Honey Bag Chicken Chick	Ham & Cheese on Bun	8	Mashed Potatoes & Gravy	3	F/F White	3	Biscuit (Pillsbury White)	7
Honey BBQ Chicken Chunks 10 Seasoned Cabbage 2 Bread Chicken & Biscuit 11 Mandarin Orange Chicken (without rice) 9 Steamed Broccoli 1 Biscuit (Pillsbury White) 7 Egg, Bacon, Toast, Jelly 6 Mexican Pizza (1 slice) 11 Steamed Carrots 2 Brown Rice 1/2 cup 3 French Toast Sticks (3) 9 Pepperoni Pizza (1 slice) 11 Sweet Potato Tots 3 Cornbread (1 oz.) 3 Frudel 8 Red Beans & Rice 9 Sweet Potato Waffle Fries 4 Cornbread (2 oz) 7 Grits (1/2 cup) 2 Salad, Chef (Ham) 7 Egg, Bacon, Toast, Jelly 6 Chicken & Biscuit 7 Grits (1/2 cup) 8 Tossed Salad 9 Whole kernel corn 1 Mac & Cheese (1/2 cup) 6 Pizza 7 Mexican Rice (1/2 cup) 7 Grits (1/2 cup) 8 Mexican Rice (1/2 cup) 9 Sausage & Biscuit 8 Rice w/gravy (1/2 cup) 9 Sausage & Pancake on Stick 7	Hamburger	7	Pinto Beans	0	L/F White	4	Toaster Pastry	7
Honey BBQ Chicken Chunks 10 Seasoned Cabbage 2 Bread Chicken & Biscuit 11 Mandarin Orange Chicken (without rice) 9 Steamed Broccoli 1 Biscuit (Pillsbury White) 7 Egg, Bacon, Toast, Jelly 6 Mexican Pizza (1 slice) 11 Steamed Carrots 2 Brown Rice 1/2 cup 3 French Toast Sticks (3) 9 Pepperoni Pizza (1 slice) 11 Sweet Potato Tots 3 Cornbread (1 oz.) 3 Frudel 8 Red Beans & Rice 9 Sweet Potato Waffle Fries 4 Cornbread (2 oz) 7 Grits (1/2 cup) 2 Salad, Chef (Ham) 7 Volumese, Crouton, Crackers, & Dressing) 15 Whole kernel corn 1 Mac & Cheese (1/2 cup) 16 Pizza 7 Mexican Rice (1/2 cup) 7 Grits (1/2 cup) 8 Mini Pancakes (8) 7 Mexican Rice (1/2 cup) 8 Asusage & Biscuit 8 Receive (1/2 cup) 9 Salad, Grilled Chicken 9 Wexican Rice (1/2 cup) 9 Cheese, Crouton, Crackers, & Dressing) 18	Hamburger Steak w/Gravy	3	Potato Tots or Wedges	4			Assorted Cereal (no milk)	4
Mandarin Orange Chicken (without rice) 9 Steamed Broccoli 1 Biscuit (Pillsbury White) 7 Egg, Bacon, Toast, Jelly 6 Mexican Pizza (1 slice) 11 Steamed Carrots 2 Brown Rice 1/2 cup 3 French Toast Sticks (3) 9 Pepperoni Pizza (1 slice) 11 Sweet Potato Tots 3 Cornbread (1 oz.) 3 Frudel 8 Red Beans & Rice 9 Sweet Potato Waffle Fries 4 Cornbread (2 oz) 7 Grits (1/2 cup) 2 Salad, Chef (Ham) W/ Cheese, Crouton, Crackers, & Dressing) 15 Whole kernel corn 1 Mac & Cheese (1/2 cup) 6 Pizza 7 Salad, Grilled Chicken (W/ Cheese, Crouton, Crackers, & Dressing) 18 Rice w/gravy (1/2 cup) 4 Sausage & Biscuit 8 Rice w/gravy (1/2 cup) 4 Sausage & Pancake on Stick 7	Honey BBQ Chicken Chunks	10	Seasoned Cabbage	2	Ī			5
Mexican Pizza (1 slice) Pepperoni Pizza (1 slice) 11 Steamed Carrots 2 Brown Rice 1/2 cup 3 French Toast Sticks (3) 9 Pepperoni Pizza (1 slice) 11 Sweet Potato Tots 3 Cornbread (1 oz.) 3 Frudel 8 Ped Beans & Rice 9 Sweet Potato Waffle Fries 4 Cornbread (2 oz) 7 Grits (1/2 cup) 2 Salad, Chef (Ham) 7 Morese, Crouton, Crackers, & Dressing) 15 Whole kernel corn 1 Mac & Cheese (1/2 cup) 16 Pizza 7 Mexican Rice (1/2 cup) 4 Sausage & Biscuit 8 Rice w/gravy (1/2 cup) 4 Sausage & Pancake on Stick 7	Hot Wings (3)	6	Southern Greens	2	Bread		Chicken & Biscuit	11
Mexican Pizza (1 slice)11Steamed Carrots2Brown Rice 1/2 cup3French Toast Sticks (3)9Pepperoni Pizza (1 slice)11Sweet Potato Tots3Cornbread (1 oz.)3Frudel8Red Beans & Rice9Sweet Potato Waffle Fries4Cornbread (2 oz)7Grits (1/2 cup)2Salad, Chef (Ham)Tossed Salad0Garlic Toast3Mini Pancakes (8)7W/ Cheese, Crouton, Crackers, & Dressing)15Whole kernel corn1Mac & Cheese (1/2 cup)6Pizza7Salad, Grilled Chicken (w/ Cheese, Crouton, Crackers, & Dressing)18Mexican Rice (1/2 cup)4Sausage & Biscuit8Rice w/gravy (1/2 cup)4Sausage & Pancake on Stick7	Mandarin Orange Chicken (without rice)	9	Steamed Broccoli	1	Biscuit (Pillsbury White)	7	Egg, Bacon, Toast, Jelly	6
Pepperoni Pizza (1 slice) 11 Sweet Potato Tots 3 Cornbread (1 oz.) 3 Frudel 8 Red Beans & Rice 9 Sweet Potato Waffle Fries 4 Cornbread (2 oz) 7 Grits (1/2 cup) 2 Salad, Chef (Ham) 7 Tossed Salad 9 Garlic Toast 7 Mini Pancakes (8) 7 Whole kernel corn 1 Mac & Cheese (1/2 cup) 7 Grits (1/2 cup) 8 Mini Pancakes (8) 7 Mexican Rice (1/2 cup) 8 Mexican Rice (1/2 cup) 4 Sausage & Biscuit 8 Rice w/gravy (1/2 cup) 4 Sausage & Pancake on Stick 7	Mexican Pizza (1 slice)	11	Steamed Carrots	2	Brown Rice 1/2 cup	3		9
Red Beans & Rice 9 Sweet Potato Waffle Fries 4 Cornbread (2 oz) 7 Grits (1/2 cup) 2 Salad, Chef (Ham) 7 Mini Pancakes (8) 7 Wy Cheese, Crouton, Crackers, & Dressing) 15 Whole kernel corn 1 Mac & Cheese (1/2 cup) 6 Pizza 7 Mexican Rice (1/2 cup) 7 Grits (1/2 cup) 7 Grits (1/2 cup) 7 Mini Pancakes (8) 7 Mexican Rice (1/2 cup) 8 Rice w/gravy (1/2 cup) 4 Sausage & Biscuit 8 Rice w/gravy (1/2 cup) 7 Grits (1/2 cup) 8 Grits (1/2 cup) 8 Grits (1/2 cup) 8 Grits (1/2 cup) 9 Grits (1/	Pepperoni Pizza (1 slice)	11	Sweet Potato Tots	3	Cornbread (1 oz.)	3	Frudel	8
Salad, Chef (Ham) w/ Cheese, Crouton, Crackers, & Dressing) Tossed Salad O Garlic Toast Mini Pancakes (8) Whole kernel corn Mexican Rice (1/2 cup) Rice w/gravy (1/2 cup) 4 Sausage & Biscuit Rice w/gravy (1/2 cup) 4 Sausage & Pancake on Stick 7	Red Beans & Rice			4		7	Grits (1/2 cup)	2
Salad, Grilled Chicken Mexican Rice (1/2 cup) 4 Sausage & Biscuit 8 (w/ Cheese, Crouton, Crackers, & Dressing) 18 Rice w/gravy (1/2 cup) 4 Sausage & Pancake on Stick 7	Salad, Chef (Ham)		Tossed Salad	0	Garlic Toast	3		7
(w/ Cheese, Crouton, Crackers, & Dressing) 18 Rice w/gravy (1/2 cup) 4 Sausage & Pancake on Stick 7	w/ Cheese, Crouton, Crackers, & Dressing)	15	Whole kernel corn	1	Mac & Cheese (1/2 cup)	6	Pizza	7
	Salad, Grilled Chicken			-	Mexican Rice (1/2 cup)	4	Sausage & Biscuit	8
	(w/ Cheese, Crouton, Crackers, & Dressing)	18			Rice w/gravy (1/2 cup)	4	Sausage & Pancake on Stick	7
spagnetti & ivicationatice (3) 4 t.) 0 calification (1/2 tub) 3 satisfied rately 2	Spaghetti & Meatsauce (3/4 c.)	8	Canned Fruit (1/2 cup)		Saltine Crackers (8)	3	Sausage Patty	2
Spicy Chicken Chunks (5 pieces) 6 Applesauce 3 Stir Fried Rice (1/2 cup) 3 Toast 2	Spicy Chicken Chunks (5 pieces)	6	Applesauce	3	Stir Fried Rice (1/2 cup)	3	Toast	2
Spicy Chicken Sandwich 9 Peaches 4 Sweet Yeast Roll 6 Yogurt (4 oz.) 4	Spicy Chicken Sandwich	9	Peaches	4	Sweet Yeast Roll	6	Yogurt (4 oz.)	4
Steak Fingers (4 items) 9 Pears 4 Whole Wheat Roll (1 oz.) 2	Steak Fingers (4 items)	9	Pears	4	Whole Wheat Roll (1 oz.)	2		•
	Stuffed Crust Pizza (1 slice)	10	Pineapple	4		5		
	Taco (Beef, Hard Shell, with cheese)	9		7	· , ,		•	
	Taco (Beef, Soft Shell, with cheese)	9		•	•			
Turkey & Cheese Hoagie 8	Turkey & Cheese Hoagie	8	1					
Vegetable Beef Soup 4	Vegetable Reef Soun	4	1					

^{*}Points are calculated based on ingredients used by Brookhaven School District Child Nutrition.

Point values may change based on updates to the Weight Watcher program.