

Cafeteria Menu Weight Watcher Freestyle Points

Entrees		Entrees		Fresh Fruit		Condiments	
Cheesy Breadstick (1 item)	5	BBQ Chicken Flatbread	10	Apple	0	1000 Island (1.5 oz pk)	2
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
Beef Nachos	15	Mini Hot Dogs (2 items)	10	Nectarine	0	Jelly (1 pk)	2
Beef Ravioli (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
Cheesy Chicken/Rice (6 oz)	11	Vegetable (1/2 cup)		Peach	0	Marinara (2 pk)	1
Chicken & Sausage Gumbo	8	Green Peas	0			Mayonnaise (1 pk)	1
Chicken Fajitas	8	Baked Beans	5			Mayonnaise (2 pk)	3
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 (2 - 12gm pks)	1
Chicken Tenders, 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
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			Assorted Cereal (no milk)	4
Honey BBQ Chicken Chunks	10	Seasoned Cabbage	2			Cheese Toast	5
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)	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)	15	Whole kernel corn	1	Mac & Cheese (1/2 cup)	6	Pizza	7
Salad, Grilled Chicken (w/ Cheese, Crouton, Crackers, & Dressing)	18			Mexican Rice (1/2 cup)	4	Sausage & Biscuit	8
Spaghetti & Meatsauce (3/4 c.)	8	Canned Fruit (1/2 cup)		Rice w/gravy (1/2 cup)	4	Sausage & Pancake on Stick	7
Spicy Chicken Chunks (5 pieces)	6	Applesauce	3	Saltine Crackers (8)	3	Sausage Patty	2
Spicy Chicken Sandwich	9	Peaches	4	Stir Fried Rice (1/2 cup)	3	Toast	2
Steak Fingers (4 items)	9	Pears	4	Sweet Yeast Roll	6	Yogurt (4 oz.)	4
Stuffed Crust Pizza (1 slice)	10	Pineapple	4	Whole Wheat Roll (1 oz.)	2		
Taco (Beef, Hard Shell, with cheese)	9	Tropical Fruit	7	Whole Wheat Roll (2 oz.)	5		
Taco (Beef, Soft Shell, with cheese)	9						
Turkey & Cheese Hoagie	8						
Vegetable Beef Soup	4						

*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.