

Weight Watchers Point Values

Breakfast		Sandwiches	
French Toast	7	Sandwich Station	11
Pancake Batter	3	Triple Decker Club	27
Create Your Own Omelet	9	Fried Cod Sandwich	12
Assorted Toast	2	Grilled Cheese	9
Plain Bagel with Butter	9	Tuna Melt on Wheat	9
English Muffin Toasted	3	Veggie Lovers	9
Egg, Sausage & Cheese Burrito	8	Grilled Ham and Cheese on White Bread	8
Ham, Egg & American Cheese Muffin	7	Grilled Turkey & Swiss Melt on White Bread	8
Breakfast Muffin with Cheese and Bacon	9	French Dip	7
Breakfast Muffin with Cheese and Sausage	9	Chicken Parmesan	8
Hash Browned Potatoes	3	Three Cheese, Tomato, and Pesto	15
Breakfast Ham Steak	2	BLT	10
Crisp Bacon Slice	3	BLTA (BLT w/Avacado)	12
Pork Sausage Patty	5	BLTTA (BLT w/Avacado and Turkey)	13
Sausage Links	3	Entrées and Sides	
Assorted Eggs	2	Caesar Chicken Salad Wrap	16
Oatmeal	5	Small Chicken Caesar Salad W/O Dressing	3
Cream of Wheat	3	Crispy Chicken Tender	7
Veggie Breakfast Burrito	11	Grilled Hot Dog	11
Burgers		Batter Dipped Cod	13
Seasoned Hamburger Patty	6	Grilled Chicken Quesadilla	14
Crispy Chicken Burger	8	Grilled Cheese Quesadilla	12
Grilled Chicken Burger	6	Curly French Fries	5
Curt Burger	15	French Fries	5
Cascade Burger	16	French Fried Tater Tots	10
Garden Burger	7	Sweet Potato French Fries	7
1/4-Pound Pub Burger	18	Onion Rings	16
1/4-Pound Pub Burger w/Onions	19		
Turkey Burger	6		
Angus Burger	11		

