

Nutritional Values

No.	Description	Weight Watcher		Net Weight (oz)	Portion	CALORIES	CALORIES FROM FAT	% CALORIES FROM FAT	CARB TOTAL	FAT SATURATED	% FAT SATURATED	FAT TOTAL	FAT TRANS	FIBER	PROTEIN	SUGAR	SODIUM	CHOLESTEROL	VITAMIN A	VITAMIN C	IRON	CALCIUM
		Points	Points Plus																			
601	PEPPERONI FRENCH BREAD PIZZA	18	21	12.2	1 EA	800	280	34	88	15	17	30	0	3	44	8	1440	75	20	25	20	70
602	SOFT SHELL TACOS	8	12	8.3	1 EA	340	220	64	40	10	26	24	0	4	23	3	1200	40	8	2	15	0
603	PHILLY STEAK SANDWICH	6	7	6.8	1 EA	280	45	16	37	2	6	5	0	2	23	4	1170	40	2	25	6	6
606	SAUSAGE FRENCH BREAD PIZZA	18	21	12.3	1 EA	790	260	32	89	10	11	28	0	3	43	8	1230	65	20	25	20	70
607	OREO PUDDING PARFAIT	10	12	5.9	1 EA	450	180	40	64	10	20	20	0	2	4	47	430	10	0	0	10	0
609	BURRITO & RICE	9	11	8.5	1 EA	430	150	36	59	5	10	17	0	4	10	3	1080	15	20	10	20	0
610	SEAFOOD SALAD WEDGE	7	9	4.6	1 EA	330	130	41	44	3	7	15	0	2	7	12	820	15	2	0	10	4
613	ELIMINATOR	22	26	14.2	1 EA	940	460	49	87	15	14	51	0	3	35	5	2280	200	6	6	25	25
614	BELLY BENDER	18	22	15.3	1 EA	830	260	31	94	10	11	29	0	3	48	12	4080	130	10	25	25	30
615	BUFFALO FINGERS	9	11	5.3	1 EA	390	240	62	20	5	12	27	0	3	18	0	1170	45	6	0	10	0
616	WHOLE WHEAT TRIPLE DECKER	15	19	12.5	1 EA	690	180	26	97	4	5	20	0	3	38	18	3510	80	0	0	40	10
617	PASTRAMI ON MARBLE RYE	11	13	8.6	1 EA	500	220	43	47	4	7	24	0	4	25	0	2380	120	0	0	20	8
618	HOMESTEAD BURGER	17	19	9.4	1 EA	680	370	56	46	15	20	42	2	1	35	6	1960	115	4	8	20	15
619	FIESTA BURGER	14	16	8.8	1 EA	570	340	60	37	15	24	38	2	1	26	5	1090	90	6	8	15	4
620	NACHO DOG	7	8	4.7	1 EA	310	150	46	30	5	15	16	0	1	10	5	1000	25	2	0	8	4
621	TURKEY PASTRAMI REUBEN SUB	13	15	8.9	1 EA	570	250	44	50	10	16	28	1	4	31	9	1830	115	4	4	15	20
624	CHICKEN & CHEDDAR SUB	12	15	8.3	1 EA	540	240	45	53	10	17	27	0	3	25	12	1460	60	6	4	8	0
625	BRUNCH BURGER	9	11	5.4	1 EA	370	190	54	27	10	24	22	1	1	22	4	930	135	4	8	15	10
627	TURKEY AND CHEESE ON 6" SEEDED	9	11	5.8	1 EA	410	140	35	49	5	11	16	0	1	21	8	1780	55	8	15	15	20
628	TUNA SALAD ON WHEAT SUB (GH)	6	7	4.4	1 EA	270	80	30	33	1	3	9	0	3	13	9	760	20	0	2	10	4
637	GRILLED CHICKEN BREAST	10	12	5.2	1 EA	470	180	38	45	10	19	20	0	5	29	2	1280	65	6	0	20	30
638	MEATLOAF HOAGIE	10	12	6.3	1 EA	470	180	38	46	10	19	20	1	3	23	3	790	115	2	0	8	2
640	CHUCKWAGON POPPYSEED	12	14	5.0	1 EA	500	210	43	48	15	27	24	0	2	25	2	1680	65	8	8	20	45
641	HAM & CHEESE 8" TLC SUB	9	11	8.4	1 EA	430	120	27	51	5	10	13	0	2	27	7	2100	70	15	30	8	15
642	TURKEY & CHEESE 8" TLC SUB	9	12	8.4	1 EA	430	110	27	54	5	10	13	0	2	27	7	2030	65	15	30	8	15
643	CHUCKWAGON WEDGE	8	10	4.5	1 EA	350	180	54	30	10	26	21	0	2	13	4	1080	50	6	8	15	10
644	HAM & TURKEY 8" TLC SUB	7	8	7.0	1 EA	330	45	12	52	2	4	5	0	2	20	7	1430	40	6	15	8	0
645	ALL AMERICAN BREAKFAST	14	17	8.8	1 EA	610	290	47	59	10	15	32	3	3	24	6	1150	225	0	8	20	4
651	SMOTHERED STEAK SANDWICH	11	12	7.0	1 EA	470	210	46	39	10	19	24	1	4	24	6	930	55	4	4	10	20
652	FRUIT CUP	1	2	6.0	1 EA	80	0	0	20	0	0	0	0	1	1	19	30	0	45	50	0	0
653	DOUBLE CIABATTA BURGER	12	15	8.9	1 EA	550	200	39	59	10	16	24	1	3	31	2	1540	60	10	25	25	8
654	GRILLED TUNA MELT	11	14	5.7	1 EA	530	180	34	65	5	8	20	1	7	25	13	1230	30	4	10	15	15

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		Points	Points Plus																			
656	HAM AND CHEESE ON WHEAT WEDGE	5	7	4.0	1 EA	250	80	36	27	4	14	10	0	2	13	3	1130	35	6	8	10	10
657	CHICKEN PEPPERCORN WRAP	9	10	7.0	1 EA	410	180	44	39	5	11	20	0	7	17	4	970	35	2	0	10	4
658	GOURMET CUT HAM	10	13	7.9	1 EA	490	150	29	58	4	7	16	0	5	29	13	2100	70	8	15	15	10
659	GOURMET CUT TURKEY	9	12	7.9	1 EA	470	90	19	69	3	5	10	0	5	28	19	1830	55	8	15	15	10
660	GYRO WRAP	6	7	5.6	1 EA	270	140	53	23	10	33	16	0	3	12	2	460	60	8	20	15	2
661	CHICKEN & SWISS WEDGE	7	8	4.1	1 EA	310	120	41	28	5	15	14	0	2	17	2	1130	45	6	0	8	30
662	CHEDDARHEAD BRAT	11	12	6.0	1 EA	430	230	54	30	10	21	26	0	1	19	3	1190	60	0	0	15	10
664	CHICKEN AND CHEDDAR	10	12	4.9	1 EA	460	160	33	59	5	10	17	0	3	16	8	980	20	4	0	15	6
665	MEATLOAF ON A BUN	6	7	4.0	1 EA	250	110	40	28	4	14	11	0	2	14	5	470	30	0	6	15	2
666	BREADED CHUCKWAGON	10	12	4.9	1 EA	470	170	34	60	5	10	18	1	3	15	9	1070	20	2	0	15	10
667	CHORIZO SAUSAGE	12	13	6.0	1 EA	490	250	51	33	10	18	28	0	2	25	4	1740	60	35	6	20	10
668	TACO JOE WITH CHEESE	6	8	4.7	1 EA	280	120	42	27	5	16	13	0	1	16	4	760	20	4	8	10	10
669	SUMMER SAUSAGE WEDGE	9	10	4.1	1 EA	360	190	55	29	5	13	22	0	2	14	4	1020	40	2	0	10	4
670	PEANUT BUTTER AND GRAPE JELLY	8	9	3.5	1 EA	350	140	41	42	3	6	16	0	4	10	14	440	0	0	0	10	4
671	BISCUIT & SAUS COUNTRY GRAVY	14	16	8.8	1 EA	560	330	61	43	10	16	38	10	1	16	5	1820	40	0	0	20	4
672	SPICY CHICKEN SANDWICH	11	13	5.0	1 EA	460	240	53	40	5	10	27	0	3	17	4	710	45	10	0	15	4
673	SANDWICH SPREAD WHEAT WEDGE	7	8	4.5	1 EA	310	120	41	33	3	9	14	0	2	11	7	1150	35	2	0	10	4
675	SAUSAGE EGG & CHEESE CROISSANT	12	13	5.4	1 EA	480	280	58	31	15	28	31	3	1	21	5	960	145	15	10	20	8
676	CANADN HAM EGG & CHEESE CROISS	8	9	5.0	1 EA	340	140	42	32	5	13	16	3	1	18	7	1060	125	15	10	15	8
677	GRILLED CHICKEN & SWISS CROISS	11	12	5.5	1 EA	460	220	47	32	10	20	24	3	3	27	6	1110	70	15	2	20	25
678	EGG SALAD CROISSANT	9	9	4.8	1 EA	380	160	40	30	5	12	17	3	1	13	8	570	230	15	0	15	0
679	SANDWICH SPREAD CROISSANT	9	9	5.0	1 EA	400	170	41	33	5	11	18	3	1	14	11	1130	35	8	2	15	0
680	TURKEY & SWISS ON RYE WEDGE	7	8	4.0	1 EA	300	110	39	30	5	15	13	0	2	18	3	1390	45	6	0	10	35
681	BACON EGG CHEESE CROISSANT	8	8	3.6	1 EA	320	150	45	30	5	14	16	3	1	13	5	670	110	15	10	15	8
682	JOHNSONVILLE BRAT	11	12	5.8	1 EA	460	260	57	31	10	20	29	0	1	19	2	1390	55	0	0	15	6
688	TURKEY DELI WRAP	6	8	6.3	1 EA	320	80	25	42	2	4	9	0	5	15	4	1450	35	0	0	8	0
690	CAJUN TURKEY SUB	15	18	12.2	1 EA	710	190	28	91	5	6	22	0	3	34	9	2150	80	10	20	20	20
691	ROAST BEEF & HONEY HAM SUB	13	16	11.8	1 EA	630	140	21	88	3	4	15	0	3	31	10	2010	60	0	4	20	6
692	HAM DELI WRAP	6	8	6.3	1 EA	320	80	25	41	2	6	9	0	5	16	5	1500	40	0	0	8	0
693	ROAST BEEF DELI WRAP	6	8	6.3	1 EA	310	90	26	39	3	7	9	0	6	16	3	1620	30	0	0	10	0
695	SEAFOOD PASTA SALAD	11	13	7.0	1 EA	500	170	34	67	5	9	19	2	2	11	15	1060	15	15	0	15	0
696	CHEF SALAD BWL FRENCH	6	7	9.0	1 EA	270	130	47	13	5	17	14	0	2	20	4	1140	155	15	10	6	0
697	CHEF SALAD BWL RANCH	6	7	9.0	1 EA	270	130	47	13	5	17	14	0	2	20	4	1140	155	15	10	6	0
699	CHIX CAESAR BOWL SALAD	5	6	8.1	1 EA	230	130	55	11	5	18	14	0	2	15	4	470	115	15	10	6	0
700	CHICKEN SPINACH BOWL SALAD	7	7	5.0	1 EA	290	170	56	13	5	16	18	0	4	19	0	730	125	50	15	15	0

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		Points	Points Plus																			
703	GERMAN CHOCOLATE CAKE	7	9	3.9	1 EA	320	120	37	49	5	13	13	1	0	4	33	300	40	0	0	2	0
706	BROWNIES	10	12	3.8	1 EA	460	190	43	60	5	10	22	0	3	5	35	340	15	0	0	6	0
707	CINN RAISIN BAGEL CREAM CHEESE	9	12	6.0	1 EA	460	90	20	81	5	10	10	0	3	13	12	610	30	4	0	0	0
709	BLUEBERRY BAGEL CREAM CHEESE	9	12	6.0	1 EA	460	90	20	80	5	10	10	0	3	13	10	610	30	4	0	0	0
710	SAUSAGE EGG CHEESE BISCUIT	14	16	6.3	1 EA	570	340	62	36	15	24	39	5	1	21	3	1680	140	4	8	15	10
711	TURKEY & SWISS BUN	7	9	3.7	1 EA	360	90	25	46	5	11	10	0	3	21	2	1450	45	4	0	15	30
712	1/4# CHILI CHEESEBURGER	10	12	7.3	1 EA	440	220	49	38	10	20	24	1	2	25	4	1340	55	20	8	15	10
713	TURKEY AND CHEESE ON BUN	6	8	3.6	1 EA	310	60	20	45	3	9	7	0	3	16	2	1210	30	4	8	15	15
714	BROCCOLI CAULIFLOWER PASTA SLD	9	11	6.0	1 EA	440	90	20	73	2	4	10	0	3	12	22	520	25	4	25	15	4
715	FRENCH ONION BURGER	10	12	4.2	1 EA	430	180	42	44	10	21	20	1	3	20	2	920	50	2	0	20	6
716	THREE MELON CUP	1	2	6.0	1 EA	60	0	0	16	0	0	0	0	1	1	15	30	0	45	60	2	0
718	CHICKEN FINGERS FIREY W/RANCH	17	18	6.3	1 EA	650	500	76	23	10	14	55	0	1	16	2	1280	85	10	0	8	6
719	CHICKEN FINGERS WITH BBQ SAUCE	12	13	6.3	1 EA	500	240	49	47	5	9	27	0	3	18	25	1510	45	2	10	10	0
720	CHICKEN FINGERS HONEY MUSTARD	16	18	6.3	1 EA	640	430	68	35	10	14	48	0	3	18	13	1370	65	2	0	10	0
721	KLEMENTS TWIN HOT DOGS	13	15	7.0	1 EA	560	260	45	54	10	16	28	0	2	20	8	1380	50	0	0	15	4
722	BLUEBERRY YOGURT PARFAIT (GH)	4	6	8.5	1 EA	220	15	6	45	0	0	2	0	2	8	24	190	4	8	0	4	20
723	TURKEY & CHEESE WHITE WEDGE	5	7	4.0	1 EA	250	80	32	31	4	13	9	0	2	13	5	1100	30	6	8	10	10
724	HOT TURKEY & GRAVY SANDWICH	7	8	6.4	1 EA	320	35	11	54	0	0	4	0	1	16	9	1560	35	0	0	10	6
725	CORNE BEEF ON RYE ROLL	7	9	5.2	1 EA	340	100	32	34	5	13	12	0	3	26	3	1570	65	4	0	10	25
726	JUMBO MEATBALL HOAGIE	12	14	7.8	1 EA	510	230	46	43	10	18	26	1	3	29	6	1180	55	10	10	10	20
727	TACO GRINDER	9	11	8.2	1 EA	410	160	40	41	5	11	18	0	2	22	3	1480	55	4	0	15	4
728	HAM & HARD SALAMI SUB	15	17	7.6	1 EA	620	290	45	59	10	15	31	0	1	27	17	2290	90	0	0	10	0
729	DELI-FAVORITE SUB	13	15	7.7	1 EA	550	270	51	38	15	25	31	0	2	33	2	2450	110	8	0	15	60
730	GYRO SUB	11	13	7.5	1 EA	480	190	41	53	10	19	22	0	2	19	6	790	80	6	20	15	2
731	1/4# CORN DOG WITH MUSTARD	8	10	6.0	1 EA	310	170	55	36	5	15	19	0	1	10	9	1420	25	0	0	10	0
734	VEGETABLE SUB (GH)	6	9	10.6	1 EA	330	30	11	68	1	3	4	1	6	10	12	830	0	15	70	15	0
735	DELUXE COMBO SUB	11	12	8.5	1 EA	470	170	36	40	10	19	19	0	2	35	2	2740	105	8	0	15	60
736	TRKY DELITE ON WHEAT SUB (GH)	5	6	4.6	1 EA	250	80	29	32	1	2	8	0	2	12	7	970	25	0	0	10	4
737	BRAT BURGER	8	9	4.0	1 EA	320	170	53	26	5	14	19	0	1	15	4	570	40	0	0	10	2
738	BRAT BURGER WITH ONIONS &SWISS	9	11	4.8	1 EA	370	200	56	27	10	24	23	0	1	19	5	800	55	2	0	10	15
739	BRAT & HAMBURGER SANDWICH	13	15	6.4	1 EA	530	320	61	27	15	25	36	0	1	29	4	1340	85	8	15	15	15
740	DELI-COMBO	16	18	8.4	1 EA	690	300	44	64	15	20	34	0	2	31	5	1810	95	8	8	20	35
741	DELI-SELECT	16	19	8.5	1 EA	700	290	41	65	15	19	32	0	2	38	5	2350	115	8	0	15	50
743	GRAPES & CHEESE	7	8	6.8	1 EA	290	130	47	30	5	16	15	0	1	13	24	320	45	10	0	0	0
746	PEPPERONI PASTA	12	14	6.0	1 EA	550	200	36	70	5	7	22	0	3	15	7	550	10	0	20	15	6

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		Points	Points Plus																			
747	SAUSAGE BISCUIT	15	16	5.3	1 EA	570	350	65	34	15	24	41	5	1	16	3	1470	70	4	0	20	4
748	FARMERS BREAKFAST	9	10	8.0	1 EA	380	180	47	33	10	24	20	0	3	19	0	490	265	10	6	8	10
749	ROAST BEEF CIABATTA	9	11	8.4	1 EA	420	90	24	58	2	3	11	0	3	23	2	1340	40	6	15	25	0
750	ITALIAN CHICKEN BREAST	8	10	4.9	1 EA	370	150	41	30	5	12	17	0	2	23	2	900	50	0	0	15	10
751	SAUSAGE EGG CHEESE TEXAS TOAST	10	12	6.4	1 EA	430	220	50	34	10	21	24	0	2	23	3	1140	100	4	8	15	10
752	HAM EGG CHEESE ON TEXAS TOAST	6	8	6.4	1 EA	300	80	27	35	4	11	9	0	2	22	4	1560	95	4	8	15	10
753	STEAK & EGGS	11	12	6.4	1 EA	440	300	70	4	15	31	34	1	2	29	2	690	425	15	0	15	25
754	BACN EGG CHEESE ON TEXAS TOAST	6	7	4.6	1 EA	270	90	30	33	4	12	9	0	2	15	3	850	65	4	8	10	10
756	ONION BAGEL WITH CREAM CHEESE	9	12	6.0	1 EA	450	90	20	78	5	10	10	0	2	14	5	640	30	4	0	0	0
757	BAGEL WITH CREAM CHEESE PACKET	9	12	6.0	1 EA	450	90	20	78	5	10	10	0	2	14	5	640	30	4	0	0	0
758	WHEAT BAGEL WITH CREAM CHEESE	9	12	6.0	1 EA	440	90	20	76	5	10	10	0	4	13	8	1710	30	4	0	0	0
759	CHICKEN SNACKER	6	8	3.8	1 EA	280	100	35	36	3	8	11	0	2	11	7	720	15	0	0	10	2
760	HAM & TURKEY WHEAT BAGEL (GH)	8	12	8.4	1 EA	450	25	5	85	0	0	3	0	4	23	15	2770	40	0	0	2	0
761	TWIN CHEESEBURGERS	15	17	7.4	1 EA	640	270	42	62	15	21	30	1	3	34	11	1510	70	8	15	25	25
762	TUNA SALAD FRENCH BREAD	7	9	5.5	1 EA	340	70	19	52	1	3	7	0	2	15	12	690	20	0	2	10	4
763	TURKEY BACON MELT	13	15	7.3	1 EA	580	150	31	64	10	16	20	0	2	35	3	1890	90	8	0	15	50
764	MINI GUY	7	8	4.4	1 EA	310	90	29	40	4	10	10	0	1	14	2	670	30	0	4	10	6
765	TURKEY SALAD WEDGE	8	9	4.5	1 EA	330	150	52	30	4	10	19	0	2	11	3	1070	20	2	0	10	4
767	MONSTER SUB	20	23	11.2	1 EA	860	310	37	86	15	16	35	0	3	48	6	2870	140	15	15	20	70
768	CNTRY CLUB HAM & TURKEY FRENCH	10	12	8.4	1 EA	490	80	22	66	1	2	12	0	2	26	6	1550	65	0	0	15	4
769	ULTIMATE HAM AND SWISS SUB	14	17	8.5	1 EA	630	210	34	66	10	14	24	0	2	38	7	2270	110	8	0	15	50
771	CHICKEN SALAD WHITE WEDGE	7	8	4.6	1 EA	310	120	38	36	3	7	13	0	3	12	9	730	25	2	2	8	6
773	SUPER SUB	19	21	10.1	1 EA	790	380	49	62	20	23	43	0	2	41	17	3270	140	15	15	10	70
774	AUGRATIN POTATOES WITH HAM	5	6	10.0	1 EA	240	70	30	33	3	11	8	2	3	8	4	1440	20	6	15	8	0
776	APPLES (WRAPPED) (GH)	0	0	1.0	1 EA	10	0	0	3	0	0	0	0	1	0	2	0	0	0	0	0	0
777	HAM BACON MELT	6	8	4.1	1 EA	280	90	32	31	4	13	10	0	1	18	3	1260	40	4	8	10	8
778	ORANGES (WRAPPED) (GH)	0	0	1.0	1 EA	10	0	0	3	0	0	0	0	1	0	2	0	0	0	20	0	0
779	TRKY MULTIGRAIN WHEAT WED (GH)	5	6	4.5	1 EA	220	50	25	30	2	6	6	0	2	15	3	1030	30	2	0	15	4
780	JALAPENO POLISH SAUSAGE	10	12	6.0	1 EA	420	220	56	30	10	21	26	0	1	18	2	1210	55	0	0	15	6
781	CANADIAN HAM EGG CHEESE MUFFIN	6	7	5.0	1 EA	260	90	31	29	4	14	9	0	1	17	3	1050	120	4	8	10	20
782	SALAMI ON WHITE	6	8	4.1	1 EA	270	120	43	30	5	15	13	0	2	12	4	900	45	2	0	15	4
783	EGG SALAD WHEAT WEDGE	6	7	4.4	1 EA	280	110	42	30	3	10	13	0	2	11	4	590	230	10	0	10	6
784	HAM EGG & CHEESE BAGEL	10	12	7.4	1 EA	470	80	15	78	4	7	8	0	2	22	5	1260	120	4	8	0	8
785	GRILLED CHIX & HONEY MUSTARD	11	12	6.3	1 EA	470	200	44	42	5	10	23	0	4	22	9	980	60	2	0	15	6
786	SAUSAGE EGG & CHEESE BAGEL	13	15	7.4	1 EA	560	220	39	63	10	16	24	0	2	25	4	1150	140	4	8	4	8

No.	Description	Weight Watcher		Net Weight (oz)	Portion	CALORIES	CALORIES FROM FAT	% CALORIES FROM FAT	CARB TOTAL	FAT SATURATED	% FAT SATURATED	FAT TOTAL	FAT TRANS	FIBER	PROTEIN	SUGAR	SODIUM	CHOLESTEROL	VITAMIN A	VITAMIN C	IRON	CALCIUM
		Points	Points Plus																			
787	RANCHWAGON	11	13	5.9	1 EA	460	220	49	33	10	20	25	0	1	28	3	2030	90	8	8	15	35
788	PEPPERONI MELT	10	12	6.1	1 EA	430	170	38	47	5	10	18	0	2	21	8	1200	40	10	20	15	25
789	NY BERRY CHEESECAKE	11	13	5.5	1 EA	450	260	58	44	20	40	29	0	1	5	34	340	65	15	8	4	0
791	BEEF VEGETABLE SOUP	3	3	11.8	1 EA	160	30	14	14	1	6	3	0	2	7	4	1480	15	35	8	4	0
792	BEAN AND HAM SOUP	4	5	12.5	1 EA	210	60	26	25	1	4	6	0	7	11	2	1520	15	8	4	10	0
793	BREAD PUDDING	7	8	7.3	1 EA	320	100	31	48	5	14	11	0	1	5	46	150	100	8	0	4	0
794	BANANA PARFAIT	9	11	6.0	1 EA	410	150	37	58	10	22	17	0	1	5	38	470	10	0	0	6	0
795	VEGETABLE SOUP	4	4	13.4	1 EA	210	30	13	26	1	4	3	0	4	5	5	1210	5	45	25	4	0
796	CREAM OF CHICKEN SOUP	6	7	13.7	1 EA	270	110	40	32	5	17	12	0	1	9	7	2030	15	20	4	8	4
797	CHICKEN & DUMPLING SOUP	4	5	13.1	1 EA	210	45	19	29	1	4	5	0	2	13	2	1630	60	20	4	10	0
798	CREAM OF BROCCOLI SOUP	6	7	10.9	1 EA	250	110	43	33	5	18	12	0	1	4	6	1850	0	4	30	6	2
799	CHICKEN NOODLE SOUP	3	4	10.9	1 EA	160	35	20	22	1	3	4	0	2	11	2	870	40	20	4	6	2
800	SOUTHWEST CHICKEN SALAD WEDGE	8	10	4.5	1 EA	350	190	59	28	5	12	23	0	3	11	3	670	15	2	2	8	6
801	1/4# ALL BEEF CHILI DOG	12	13	7.9	1 EA	470	270	59	27	10	19	31	0	2	21	3	1630	65	15	0	20	4
802	REG FRENCH TOAST	10	12	6.4	1 EA	450	130	30	70	5	10	15	0	2	9	29	790	70	8	0	15	0
803	FRENCH DIP	6	6	7.8	1 EA	270	35	15	33	2	5	5	0	1	19	2	1230	40	0	0	10	0
805	ROTINI WITH GRAVY & TURKEY	10	13	12.0	1 EA	530	40	7	98	0	0	4	0	5	20	7	1100	10	8	2	25	0
806	TURKEY & CHEESE CROISSANT	10	10	5.8	1 EA	420	160	39	31	10	21	18	3	1	23	7	1680	60	15	15	15	15
807	PLAIN PANCAKES WITH SAUSAGE	13	16	7.2	1 EA	570	250	44	70	10	16	28	0	2	12	29	970	50	8	0	10	0
808	SMORES CUP	7	8	6.3	1 EA	320	50	14	62	3	7	5	0	1	5	40	600	15	0	0	4	0
809	VEGGIE WRAP	10	13	9.7	1 EA	480	160	34	66	10	19	18	0	6	13	8	810	45	110	60	15	15
810	SCRAMBLED EGGS AND BACON	7	7	5.4	1 EA	290	100	47	16	4	11	15	0	1	19	2	540	490	15	0	15	0
811	SLOPPY JOE W/ CHEESE	7	8	4.9	1 EA	300	110	39	35	5	15	13	0	1	13	10	890	30	4	8	8	10
812	CHOCOLATE PEANUTBUTTER PARFAIT	10	12	5.9	1 EA	440	190	45	54	10	20	22	0	2	6	39	500	10	0	0	8	0
813	STRAWBERRY SHORTCAKE	7	8	5.7	1 EA	320	100	31	52	5	14	11	1	2	2	38	270	15	0	45	0	0
814	HAM & CHEESE CROISSANT	10	10	5.7	1 EA	410	170	40	28	10	22	18	2	1	22	7	1700	65	15	15	15	15
816	1/4# PEPPERONI PIZZABURGER	12	15	7.5	1 EA	520	260	48	46	10	17	28	1	2	30	6	1490	65	10	0	15	15
820	PEPPER BACN EGG CHEESE MUFFIN	6	7	3.8	1 EA	260	110	42	27	5	16	12	0	1	13	1	700	110	4	8	10	20
821	SCRAMBLED EGGS HAM BAGEL	7	8	7.0	1 EA	290	120	40	18	5	14	13	0	0	24	3	1080	500	15	0	15	0
822	SWEDISH MEATBALLS CASSEROLE	17	20	11.4	1 EA	800	170	20	125	5	6	18	1	7	29	12	1450	30	0	2	35	0
823	HAM MULTIGRAIN WHEAT WED (GH)	5	6	4.5	1 EA	230	60	23	28	2	8	6	0	2	15	3	1080	35	2	0	15	4
824	1/4# ISLANDER	12	13	5.9	1 EA	500	240	49	40	10	18	27	1	2	23	8	1200	60	0	0	20	6
825	CHICKEN BOWTIE PASTA SALAD	13	15	7.0	1 EA	560	190	37	68	5	7	23	0	2	21	3	970	40	6	8	15	4
826	MACARONI & CHEESE CASSEROLE	14	18	8.5	1 EA	660	130	19	119	5	7	14	0	5	23	8	860	15	6	0	4	0
827	BUFFALO CHICKEN SANDWICH	8	10	6.1	1 EA	390	120	30	48	4	8	13	0	3	21	8	880	40	4	0	15	6

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		Points	Points Plus																			
829	GRILLED HAM & CHEESE	8	10	6.0	1 EA	370	150	39	35	5	12	16	1	2	22	3	1830	65	8	15	15	20
830	GRILLED TURKEY & CHEESE	8	10	6.0	1 EA	370	140	39	37	5	12	16	1	2	22	3	1780	55	8	15	15	20
831	GRILLED CHEESE	9	10	4.4	1 EA	380	200	52	32	10	24	22	1	2	16	2	1230	40	15	30	10	35
832	CHICKEN CORDONBLEU	12	14	6.4	1 EA	510	220	44	47	5	9	25	0	3	25	2	1540	60	4	0	20	15
833	POLISH & KRAUT CASSEROLE	6	6	6.4	1 EA	240	180	75	6	5	19	20	0	4	10	4	1380	50	0	15	4	0
834	CHICKEN PATTY SANDWICH	9	11	5.0	1 EA	400	180	45	41	4	9	20	0	3	16	4	770	30	2	0	15	2
836	BREAKFAST BURRITO	7	9	7.5	1 EA	340	80	24	50	4	11	9	0	7	15	1	830	120	10	15	10	4
838	CHICKEN PARMESAN SNACKER	7	9	4.5	1 EA	320	120	39	35	4	10	14	0	3	15	5	800	20	8	0	15	10
840	BEEF RAVIOLI CASSEROLE	7	9	10.3	1 EA	330	90	27	49	4	11	10	0	4	11	7	920	25	25	0	10	4
841	PRETZEL AND CHEESE	7	9	5.5	1 EA	330	60	19	59	3	7	7	0	2	10	3	760	0	0	0	20	0
842	PRETZEL BITES	8	10	5.9	1 EA	370	60	15	70	3	6	6	0	2	7	4	760	0	0	0	15	0
844	LOADED BURRITO	9	11	10.5	1 EA	450	120	28	62	5	10	14	0	8	18	4	1630	15	15	10	35	2
847	CHILI WHITE CHICKEN	5	6	12.3	1 EA	240	90	38	25	2	6	10	0	6	13	1	1390	15	2	10	10	0
848	CHILI MAC	7	8	11.9	1 EA	340	80	21	45	3	8	8	0	6	16	4	930	25	15	15	8	0
849	SPAGHETTI MEATBALLS CASSEROLE	18	21	9.5	1 EA	800	270	34	98	10	11	30	2	7	34	12	1140	55	10	30	35	4
851	GRILLED CHIX WITH BBQ & ONIONS	8	10	6.3	1 EA	390	120	30	47	4	8	13	0	4	22	15	900	50	2	4	15	6
852	WESTERN BREAKFAST GRILL	9	11	7.8	1 EA	410	180	44	36	5	11	20	1	2	24	3	1330	415	15	15	20	15
853	CHICAGO STYLE ITALIAN BEEF	8	9	9.6	1 EA	380	70	19	46	3	6	8	0	3	28	3	1660	50	4	20	30	8
854	CHICAGO STYLE ITALIAN SAUSAGE	11	12	7.0	1 EA	430	230	54	34	10	21	26	0	1	17	4	1280	50	4	20	15	8
859	HAM ONION ROLL STACKER	7	9	6.2	1 EA	340	90	26	38	4	11	10	0	2	25	6	1990	80	4	8	15	15
860	TIJUANA MEXICAN BRKFAST BAGEL	13	16	8.5	1 EA	570	220	39	64	10	16	25	0	2	26	4	1110	145	6	8	6	0
862	GARDEN PASTA SALAD(GH)	6	9	6.0	1 EA	340	30	8	65	1	1	3	0	4	11	8	530	3	35	20	15	4
863	JELLO FLUFF (GH)	4	4	4.7	1 EA	150	80	66	11	10	60	11	0	0	1	6	10	0	0	20	0	0
866	JELLO CAKE	7	8	6.0	1 EA	290	100	34	45	5	16	11	1	1	4	29	410	25	0	15	0	0
870	HAM & SWISS PRETZEL	12	14	8.0	1 EA	540	130	25	70	5	8	15	1	2	31	10	2250	85	4	0	25	25
873	CHICAGO STYLE BEEF COMBO	13	14	10.4	1 EA	540	260	48	31	10	17	29	0	1	32	2	2420	90	0	0	20	6
875	CHEESEBURGER CASSEROLE	15	18	8.8	1 EA	690	200	30	88	10	13	23	0	4	29	6	740	50	6	0	0	15
880	VEGGIES W/RANCH	2	3	8.3	1 EA	130	0	0	28	0	0	0	0	5	1	8	520	0	250	80	4	4
881	CHICKEN PARMESAN CASSEROLE	16	19	10.8	1 EA	760	190	24	106	5	6	20	0	6	36	12	1050	50	15	25	35	20
886	CINNAMON ROLL	16	19	7.0	1 EA	700	290	41	95	10	13	32	10	3	8	45	750	5	15	0	20	0
887	CHICKEN ENCHILADA WRAP	8	10	7.5	1 EA	410	110	26	48	5	11	12	0	5	25	1	930	55	10	6	10	0
888	CHICKEN BACON CHEESE WRAP	12	13	6.5	1 EA	510	230	46	33	10	18	26	0	5	35	0	1000	95	15	0	6	35
891	HAM AND TURKEY CROISSANT	8	8	5.5	1 EA	350	100	28	31	4	10	11	3	1	20	7	1500	50	8	2	15	0
893	VEGETABLE TRAY	5	6	6.7	1 EA	210	130	64	15	5	21	15	0	3	3	7	290	30	190	50	0	6
894	HARD BOILED EGG PACK	4	4	4.7	1 EA	170	100	58	2	4	19	11	0	0	15	0	150	520	15	0	8	4

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		Points	Points Plus																			
895	LASAGNA	9	10	9.8	1 EA	370	140	39	39	5	12	16	0	1	19	9	920	35	20	35	6	25
896	ROAST BEEF ONION ROLL STACKER	8	10	5.8	1 EA	370	120	32	37	5	12	13	0	2	28	4	2280	75	4	0	15	30
897	TUNA SALAD CROISSANT	8	9	5.0	1 EA	380	140	36	33	5	11	15	3	2	15	11	800	20	8	4	15	0
898	CHICKEN SALAD CROISSANT	9	9	5.0	1 EA	400	160	38	34	5	11	17	3	2	14	11	710	25	8	4	15	0
899	1/4# BBQ BURGER	10	12	5.9	1 EA	440	170	39	46	5	10	19	1	2	23	14	1080	55	0	4	20	6
901	SANDWICH SPREAD WHITE WEDGE	7	8	4.5	1 EA	310	130	41	35	3	9	14	0	2	11	9	1150	35	2	0	10	4
902	TUNA SALAD WHITE WEDGE	6	7	4.5	1 EA	280	100	35	35	2	6	11	0	3	12	9	810	20	2	2	10	4
903	EGG SALAD SANDWICH WEDGE	6	8	4.4	1 EA	280	120	42	32	3	10	13	0	2	11	6	590	230	10	0	10	6
904	HAM SWISS ON RYE WEDGE	7	8	4.1	1 EA	310	120	38	29	5	15	13	0	2	18	3	1440	50	6	0	10	35
905	HAM AND CHEESE WHITE WEDGE	6	7	4.1	1 EA	260	90	35	30	4	14	10	0	2	13	5	1150	35	6	8	10	10
906	HAM AND CHEESE ON A BUN	6	8	3.6	1 EA	310	70	23	43	4	10	8	0	3	16	2	1240	35	4	8	15	15
907	SLOPPY JOE	6	7	4.5	1 EA	260	80	31	35	3	9	9	0	1	11	10	670	20	0	0	8	2
908	HAMBURGER	7	8	4.0	1 EA	290	130	47	26	5	16	15	1	1	17	4	620	35	0	0	15	2
909	HAM & TURKEY SUB 8" WHEAT (GH)	8	11	7.6	1 EA	410	90	22	58	2	4	10	1	3	22	15	1880	55	0	0	10	0
910	HAM & CHEESE SUB 8" WHEAT (GH)	11	13	7.9	1 EA	480	160	34	56	5	9	18	0	3	24	15	2140	70	8	15	10	15
911	AMERICAN DOG	9	10	4.3	1 EA	350	190	57	28	10	26	22	0	1	13	4	1020	45	4	8	10	10
913	CHUCKWAGON	10	12	5.7	1 EA	400	200	50	37	10	23	22	0	1	21	4	1500	65	8	8	8	40
914	SUBMARINE	10	12	5.3	1 EA	430	180	42	44	10	21	20	0	1	20	5	1480	60	8	15	20	20
915	HAM & TURKEY SUB 8"	9	11	7.6	1 EA	420	90	21	62	2	4	10	0	2	22	17	1940	55	0	0	8	0
916	HAM AND CHEESE SUB 8"	11	13	8.5	1 EA	510	160	32	60	5	9	18	0	2	27	17	2410	75	8	15	8	15
917	SALAMI AND CHEESE SUBMARINE	12	14	7.5	1 EA	530	210	41	59	10	17	24	0	2	21	16	1780	70	8	20	10	15
918	BIG GUY SUB 8"	17	20	10.0	1 EA	720	360	50	61	15	19	40	0	2	30	17	2590	110	8	20	15	15
920	CHICKEN SALAD WHEAT WEDGE	7	8	4.6	1 EA	310	110	38	34	3	7	13	0	3	12	7	730	25	2	2	8	6
921	TEXAS BLT SANDWICH	6	8	4.9	1 EA	290	100	34	38	2	6	11	0	3	11	4	730	15	6	15	15	4
922	TACO BOWL SALAD	7	8	10.0	1 EA	300	180	60	17	10	30	20	1	2	11	6	700	20	10	15	8	10
923	BEEF & CHEDDAR ON A BUN	5	6	4.5	1 EA	230	60	23	29	2	6	6	0	2	14	4	1360	25	0	0	10	4
924	HOT ROAST BEEF SUB 6"	10	12	5.7	1 EA	450	160	36	46	10	20	18	0	1	30	5	2330	75	8	0	20	50
925	CHEESEBURGER	8	9	4.4	1 EA	330	160	52	26	5	14	19	1	1	19	4	830	45	4	8	15	10
928	TUNA SALAD WHEAT WEDGE	6	7	4.5	1 EA	280	90	35	33	2	6	11	0	3	12	7	810	20	2	2	10	4
929	HAM EGG CHEESE MUFFIN	5	6	4.4	1 EA	250	80	29	28	4	13	8	0	1	15	2	960	120	4	8	10	20
931	TWIN CHILI DOG	15	19	10.0	1 EA	630	340	54	61	15	21	38	0	4	29	9	1900	80	30	0	20	4
932	CHILI DOG	8	9	5.0	1 EA	320	170	53	30	10	28	19	0	2	14	5	950	40	15	0	10	2
933	HOT DOG	8	9	3.9	1 EA	310	160	52	28	5	15	18	0	1	11	4	800	35	0	0	10	2
934	SOUTHERN FRIED CHICKEN	9	11	4.9	1 EA	420	180	45	41	5	11	21	0	4	18	2	780	40	2	2	15	2
936	GRILLED MONSTER BURGER	16	18	9.1	1 EA	680	300	44	60	15	20	33	2	2	35	6	1450	75	0	4	30	8

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		Points	Points Plus																			
937	SAUSAGE EGG AND CHEESE MUFFIN	10	11	5.4	1 EA	410	220	55	28	10	22	25	0	1	20	1	950	140	4	8	15	20
938	HOT HAM CHEESE SUB 8"	9	11	6.9	1 EA	420	120	28	48	5	11	13	0	1	26	6	2090	70	8	15	6	15
939	HAM AND CHEESE DELUXE	9	11	8.4	1 EA	430	120	27	50	5	10	13	0	2	27	7	2210	70	8	25	8	15
940	SALAMI ON RYE WEDGE	6	7	4.0	1 EA	280	120	42	28	5	14	13	0	2	12	2	950	45	2	0	15	8
941	TOSSED SALAD WITH FRENCH	0	1	4.6	1 EA	25	0	0	5	0	0	0	0	1	1	3	15	0	8	10	2	0
942	CHIX SALAD ON WHOLE GRAIN BUN	6	7	4.5	1 EA	290	110	34	34	2	5	11	0	3	13	9	670	25	0	2	8	6
943	TURKEY & SWISS MULTIGRAIN (GH)	5	7	4.5	1 EA	250	80	32	29	4	13	9	0	2	16	3	1070	35	4	0	15	15
944	PASTRAMI REUBEN	21	23	11.6	1 EA	860	470	54	57	15	16	52	1	6	39	8	3480	190	8	8	20	60
945	CHEDDAR CHEESE ON WHOLE WHEAT	10	11	4.2	1 EA	400	200	54	26	10	23	24	0	2	19	2	680	65	15	0	8	4
946	BRATWURST SANDWICH	9	10	5.5	1 EA	380	180	50	31	5	12	21	0	1	16	3	1190	45	0	0	10	6
947	CHEESE STEAK SANDWICH	11	12	5.4	1 EA	460	210	45	44	10	20	23	1	3	22	7	1020	50	4	8	25	15
949	NACHO BURGER	7	9	4.8	1 EA	310	140	46	28	5	15	16	1	1	17	4	870	35	0	0	15	4
950	SALAMI & CHEESE ON WHEAT WEDGE	7	8	4.0	1 EA	290	120	47	27	5	16	15	0	2	12	2	960	45	6	8	15	10
951	HAM CHEESE ON MULTIGRAIN(GH)	6	7	4.5	1 EA	260	90	35	28	4	14	10	0	2	15	3	1110	35	6	8	15	10
952	MEATLOAF WHITE WEDGE	6	8	4.1	1 EA	280	130	45	31	5	16	14	0	3	13	5	590	30	2	6	15	4
953	THE WORKS CHEESEBURGER	9	10	5.4	1 EA	370	180	49	32	10	24	20	1	1	19	7	1080	45	4	8	15	10
954	HAM ON RYE (GH)	5	6	4.0	1 EA	230	60	23	28	2	8	6	0	2	13	3	1170	35	2	0	10	8
956	TOSSED SALAD WITH RANCH	0	1	4.6	1 EA	25	0	0	5	0	0	0	0	1	1	3	15	0	8	10	2	0
957	TUNA MACARONI	12	14	7.0	1 EA	560	150	26	78	2	3	16	0	5	20	15	800	35	4	6	4	0
958	HAM MACARONI	14	16	7.0	1 EA	640	200	31	85	5	7	22	0	4	19	15	1090	45	4	2	0	0
959	CHEF SALAD WITH RANCH	3	3	6.2	1 EA	120	45	34	10	1	8	5	0	1	8	3	560	110	10	10	4	0
960	HOT ROAST BEEF SAND	11	13	6.7	1 EA	500	180	36	49	10	18	20	0	1	33	5	2580	80	8	0	10	50
961	BBQ RIB SANDWICH	11	13	6.5	1 EA	500	190	38	57	5	9	21	0	3	23	18	1270	35	4	4	25	4
962	CARROT CAKE	8	9	3.4	1 EA	340	160	48	41	5	13	18	2	2	4	27	260	35	30	0	4	0
964	1/4# MUSHROOM AND SWISS	12	14	8.3	1 EA	480	240	51	40	10	19	27	1	1	30	4	1740	70	6	0	15	30
965	ROAST BEEF AND CHEESE WEDGE	5	7	4.0	1 EA	250	80	36	27	5	16	10	0	2	13	2	1260	30	6	8	10	10
966	DOUBLE CHEESEBURGER	11	13	5.9	1 EA	460	250	55	27	15	29	28	1	1	28	4	1280	70	8	15	15	15
967	BOLOGNA ON WHOLE WHEAT WEDGE	8	9	4.1	1 EA	330	170	57	28	5	14	21	0	2	10	3	830	35	2	0	10	4
968	BOLOGNA & CHEESE ON WHITE WDG	8	9	4.0	1 EA	340	180	56	29	5	13	21	0	2	11	5	910	35	6	8	10	10
969	CHEF SALAD WITH FRENCH	3	3	6.2	1 EA	120	45	34	10	1	8	5	0	1	8	3	560	110	10	10	4	0
970	CHICKEN & SWISS WHEAT BUN (GH)	7	9	5.2	1 EA	330	110	33	29	4	11	12	0	2	30	5	800	60	4	0	15	30
971	1/4# CHEESEBURGER	10	12	6.3	1 EA	420	210	49	35	10	21	23	1	1	24	4	1160	55	6	8	15	10
972	CHEESY GRILLWURST	11	12	6.0	1 EA	440	230	55	31	10	20	27	0	1	18	4	1340	60	0	0	15	6
973	POLISH AND KRAUT ON BRAT BUN	9	10	6.5	1 EA	380	190	52	31	5	12	22	0	2	16	3	1230	45	0	4	10	6
975	BACON CHEESEBURGER	10	12	4.3	1 EA	440	170	43	43	10	20	21	1	3	22	1	1150	50	4	8	20	15

No.	Description	Weight Watcher		Net Weight (oz)	Portion	CALORIES	CALORIES FROM FAT	% CALORIES FROM FAT	CARB TOTAL	FAT SATURATED	% FAT SATURATED	FAT TOTAL	FAT TRANS	FIBER	PROTEIN	SUGAR	SODIUM	CHOLESTEROL	VITAMIN A	VITAMIN C	IRON	CALCIUM
		Points	Points Plus																			
976	1/4LB ALL BEEF HOT DOG ONIONS	11	12	7.3	1 EA	450	260	58	25	10	20	29	0	1	20	3	1450	65	0	0	15	4
977	FISH & CHEESE/TARTAR PACKET	11	13	5.6	1 EA	480	170	34	59	4	7	18	0	3	19	1	1290	40	4	8	20	15
978	BRAUNSCHWEIGER SANDWICH WEDGE	8	9	4.4	1 EA	330	160	49	30	5	14	18	0	2	12	5	790	105	100	6	60	4
979	HAM&TRKY MULTIGRAIN WED (GH)	5	6	5.1	1 EA	240	60	23	30	2	6	6	0	2	17	3	1280	40	2	0	15	4
980	SMOKED TURKEY SALAD CROISSANT	10	10	5.0	1 EA	420	200	49	30	5	11	23	3	1	13	7	1070	25	8	4	15	0
981	GRILLED CHIXSWISS RYE BUN (GH)	7	9	5.4	1 EA	350	110	31	33	4	10	12	0	3	30	2	850	60	4	0	8	25
982	BBQ PORK SANDWICH	7	8	4.7	1 EA	310	60	20	46	3	7	7	0	1	17	17	720	30	0	6	10	0
983	BBQ CHICKEN	6	8	4.7	1 EA	290	35	12	49	1	3	4	0	2	15	20	630	20	0	6	10	0
984	MEATBALL SUB SANDWICH	15	17	5.8	1 EA	630	310	49	52	15	21	34	2	5	31	8	1410	65	6	0	30	4
985	BBQ BEEF SANDWICH	6	7	4.7	1 EA	280	40	14	48	2	5	5	0	1	13	19	1140	20	0	6	15	0
987	RELISH DOG SANDWICH	8	9	4.2	1 EA	320	160	51	31	5	14	18	0	1	11	6	870	35	2	0	10	2
988	CHEESE SANDWICH	8	10	3.8	1 EA	340	180	56	28	10	26	21	0	2	14	4	1170	40	20	30	8	35
989	PATTY MELT SANDWICH	10	11	4.5	1 EA	420	220	54	28	10	21	25	1	2	23	2	1250	60	6	0	15	35
990	CORNED BEEF ON RYE WEDGE	5	6	4.0	1 EA	230	60	27	27	2	8	7	0	2	14	3	950	30	2	0	15	8
991	SWISS DOG SANDWICH	9	10	4.4	1 EA	360	190	55	29	10	25	22	0	1	15	4	1030	50	2	0	10	15
992	SWISS BURGER SANDWICH	8	9	4.5	1 EA	330	160	49	27	5	14	18	1	1	20	4	850	45	2	0	15	15
993	EGG-N-MUFFIN	5	6	4.0	1 EA	210	60	26	28	2	6	6	0	1	11	2	430	185	0	0	10	15
994	PORK CHOP SANDWICH	10	11	5.0	1 EA	420	200	47	41	5	11	22	0	3	16	5	750	20	2	0	15	2
995	HAM AND SWISS ON A BUN	6	8	3.8	1 EA	320	70	20	45	3	8	7	0	3	18	2	1280	40	2	0	15	20
996	HAM ON WHITE (GH)	5	6	4.1	1 EA	230	60	23	30	2	8	6	0	2	13	5	1120	35	2	0	10	4
997	HAM & TURKEY ON RYE WEDGE	5	6	4.6	1 EA	240	60	23	30	2	6	6	0	2	15	3	1370	40	2	0	10	8
998	HAM AND CHEESE RYE WEDGE	6	7	4.0	1 EA	260	90	35	28	4	14	10	0	2	13	3	1200	35	6	8	10	15
999	POLISH PLAIN	9	10	5.5	1 EA	380	190	52	30	5	12	22	0	1	16	2	1060	45	0	0	10	6
1011	PEPPERONI PIZZA	5	7	4.6	1 EA	270	80	30	33	3	10	9	0	4	15	5	810	15	10	0	30	20
1012	WESTERN BREAKFAST BAGEL	11	13	9.1	1 EA	490	120	26	65	5	9	14	0	2	27	4	1400	415	15	15	8	10
1013	SAUSAGE PIZZA	9	11	5.8	1 EA	390	140	35	47	5	10	15	0	2	19	5	1100	20	15	0	35	30
1014	ASIAN NOODLE SALAD	12	15	8.5	1 EA	610	90	15	103	1	1	10	0	6	21	18	490	15	30	40	20	0
1016	ENCHILADA CHICKEN	10	11	10.2	1 EA	440	210	47	30	10	20	23	0	4	24	3	1470	70	30	15	10	0
1017	SOUTHERN FRIED CHKN & BISCUIT	14	16	7.8	1 EA	590	310	55	50	10	15	36	5	4	18	4	1680	40	2	2	15	6
1018	SMOTHERED TOP RND WITH HASH	6	8	7.3	1 EA	250	140	58	18	5	18	16	3	2	18	0	1180	55	4	8	10	0
1019	SMOTHERED BURGER BURRITO	14	15	12.0	1 EA	600	280	47	48	15	23	31	1	10	33	1	1820	80	10	8	20	20
1020	HAM & PROV ON MARBLE RYE	12	14	9.1	1 EA	550	210	39	49	5	8	24	0	4	32	3	2700	85	6	0	20	25
1021	TURKEY & CHEDDAR ON WHEAT	13	16	9.4	1 EA	590	200	37	65	5	8	24	0	2	35	10	2280	90	8	0	25	8
1022	HAM & CHEESE BISCUIT	9	11	5.3	1 EA	400	180	45	36	5	11	20	5	1	18	4	2020	45	4	8	10	10
1023	CUBAN BURGER	12	13	7.3	1 EA	500	210	41	42	10	18	23	1	1	32	11	2000	85	4	0	20	15

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		Points	Points Plus																			
1024	ANGRY BURGER	12	14	5.7	1 EA	540	250	45	43	15	25	27	1	3	30	1	1380	75	10	0	25	8
1025	CHIPOTLE BACON BURGER	11	13	4.3	1 EA	490	230	50	44	5	9	27	1	3	20	1	1070	90	0	0	20	6
1026	PHILLY BURGER	10	11	5.1	1 EA	430	160	38	45	5	10	18	1	3	22	2	950	40	2	20	20	15
1027	CHIX CORDON BLEU SNACKER	7	9	4.6	1 EA	330	130	41	34	5	12	15	0	2	17	4	1030	35	4	0	10	15
1028	BIG MOUTH CHEESEBURGER	17	19	8.6	1 EA	730	350	49	52	25	31	40	2	5	42	4	2170	100	8	8	35	40
1029	CHICKEN FAJITA SANDWICH	10	12	6.4	1 EA	480	180	38	46	5	9	20	0	5	27	3	1010	60	8	20	20	6
1030	MONTEREY CHICKEN WRAP	7	9	6.5	1 EA	350	120	36	36	5	13	14	0	6	21	2	700	50	6	15	6	0
1037	CARROT SNACK PACK	6	7	5.5	1 EA	240	190	79	13	3	11	21	0	4	1	8	570	20	420	10	0	6
1038	CLASSIC CHEESE BURGER	7	8	4.7	1 EA	290	130	43	26	5	16	14	0	1	16	4	690	35	8	15	10	8
1039	GRILLED PATTY MELT W/ONIONS	9	11	4.8	1 EA	390	200	53	28	10	23	23	2	2	20	2	1000	45	2	0	15	20
1040	WORKS DOG	8	9	4.2	1 EA	330	170	49	28	10	27	18	0	1	12	5	970	35	4	8	8	10
1041	POLISH REUBEN	12	13	7.5	1 EA	500	280	58	34	10	18	32	0	2	19	4	1580	80	2	4	10	20
1042	BUFFALO CHICKEN SALAD WEDGE	4	6	4.4	1 EA	220	60	25	30	1	4	6	0	3	13	5	380	20	0	0	8	6
1043	TEXMEX BREAKFAST SANDWICH	9	10	6.5	1 EA	380	180	47	37	5	12	20	1	3	17	3	1140	180	25	20	20	25
1044	LOADED CHICKEN BURRITO	9	10	10.5	1 EA	430	90	21	59	4	8	10	0	11	24	2	1390	40	10	20	20	10
1045	TWIN BISCUITS	8	9	3.1	1 EA	330	180	55	28	5	14	20	2	2	9	4	940	30	2	0	10	0
1046	FRUIT TRAY W/YOGURT DIP	2	4	11.2	1 EA	160	0	0	41	0	0	0	0	8	2	31	110	0	6	80	2	6
1047	CHORIZO W/SPANISH RICE	12	14	10.2	1 EA	530	240	46	49	10	17	27	0	2	20	5	2060	50	50	20	15	8
1501	LSL JUMBO HAM & CHEESE WEDGE	10	12	7.0	1 EA	440	140	31	53	5	10	15	0	2	27	8	2290	75	10	15	20	20
1503	LSL JUMBO TURKEY&CHEESE WEDGE	10	12	7.0	1 EA	440	120	29	56	5	10	14	0	2	26	7	2220	65	10	15	20	20
1664	LSL CHICKEN AND CHEDDAR	10	12	4.9	1 EA	460	160	33	59	5	10	17	0	3	16	8	980	20	4	0	15	6
1685	LSL BOLOGNA & CHEESE WEDGE	9	11	4.5	1 EA	380	220	59	30	10	24	25	0	2	12	5	1040	45	6	8	10	10
1723	LSL TURKEY&CHEESE WHITE WEDGE	6	7	4.5	1 EA	270	80	33	32	4	12	10	0	2	15	5	1300	40	6	8	10	10
1739	LSL BRAT & HAMBURGER SANDWICH	13	15	6.4	1 EA	530	320	61	27	15	25	36	0	1	29	4	1340	85	8	15	15	15
1740	LSL CHUCKWAGON POPPYSEED	12	14	5.0	1 EA	500	210	43	48	15	27	24	0	2	25	2	1680	65	8	8	20	45
1779	LSL TURKEY ON WHEAT WEDGE	5	6	4.6	1 EA	240	40	23	31	2	6	6	0	2	15	3	1280	35	2	0	10	4
1783	LSL EGG SALAD WHEAT WEDGE	7	8	5.1	1 EA	320	130	42	31	4	11	15	0	2	13	5	680	305	10	0	15	6
1820	LSL COLD CUT SUB	13	16	10.8	1 EA	620	120	20	83	5	7	14	0	3	40	4	2480	90	6	8	20	25
1901	LSL SANDWICH SPREAD WEDGE	8	9	5.1	1 EA	340	150	42	37	4	9	16	0	2	13	10	1340	45	2	0	10	4
1903	LSL EGG SALAD SANDWICH WEDGE	7	8	5.1	1 EA	320	140	42	33	4	11	15	0	2	13	7	680	305	10	0	15	6
1904	LSL HAM SWISS ON RYE WEDGE	7	8	4.5	1 EA	320	120	37	29	5	14	13	0	2	20	3	1630	60	6	0	10	35
1905	LSL HAM & CHEESE WEDGE	6	7	4.5	1 EA	270	90	33	30	4	13	10	0	2	16	5	1340	45	6	8	10	10
1920	LSL CHICKEN SALAD WHEAT WEDGE	7	9	5.2	1 EA	340	130	40	36	3	8	15	0	3	13	9	830	30	2	2	8	6
1925	LSL CHEESEBURGER	8	9	4.4	1 EA	330	160	52	26	5	14	19	1	1	19	4	830	45	4	8	15	10
1937	LSL SAUSAGE EGG & CHEESE MUFFN	10	11	5.4	1 EA	410	220	55	28	10	22	25	0	1	20	1	950	140	4	8	15	20

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		Points	Points Plus																			
1966	LSL DOUBLE CHEESEBURGER	11	13	5.9	1 EA	460	250	55	27	15	29	28	1	1	28	4	1280	70	8	15	15	15
1971	LSL QUARTER POUND CHEESEBURGER	15	16	6.9	1 EA	590	330	56	38	15	23	37	2	1	26	7	1020	85	4	8	25	10