

Market Day Weight Watchers Points - February 2011

Chicnsteaks 1 piece ... 2 pts  
Buffalo chicken bites 3 pieces 4 pts  
Cheese 1 slice 2 pts  
Asparagus spears 19 pieces 0 pts  
Bosco breadsticks 1 piece 5 pts  
Breakfast Bundles 1 piece 4 pts  
Breakfast casserole ½ C 4 pts  
Breakfast pizza 1 item 11pts  
Breakfast quesadilla 1 piece 7pts  
Broccoli ½ cup 0 pts  
Carnitas enchiladas 1 serving 12pts  
Cheese pizza ¼ item 6 pts  
Cheese ravioli 7 items 4 pts  
Chicken classics 1 piece 7 pts  
Chicken Fried 8 pieces 3 pts  
Chicken Gems 1 piece 2 pts  
Chicken Kiev 1 serving 11pts  
Chicken nuggets 4 pieces 4 pts  
Chicken tenders 1 piece 4 pts  
Classic salmon 1 serving 7pts  
Crab Cakes 1 2 pts  
Crispy chicnsteaks 1 piece 5 pts  
French breadsticks 1 items 2 pts  
Fruit Singles 1 serving 1 pt  
Ground beef 4oz 6 pts  
Large shrimp 4oz 1 pt  
Meatloaf slices 1 slice 7 pts  
Mediterranean salmon 1 serving 10 pts

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Pancakes 3 items 4 pts  
Minestrone soup 1 cup 2 pts  
Munch packs 1 pouch 5 pts  
PB&J sandwiches 1 item 6 pts  
Popcorn chicken 13 pieces 4 pts  
Pork tenderloins 1 serving 3 pts  
Potato skins 3 pieces 5 pts  
Ranch steak 5oz 5 pts  
Seasoned Salmon 4oz 7 pts  
Seasoned scallops 1 serving 4 pts  
Southwest chicnsteaks 1 3 pts  
Tilapia fillets 1 serving 2 pts  
¼ lb patties 1 patty 7 pts  
Baby back ribs 4 oz 7 pts  
BBQ pulled pork ½ cup 6 pts  
Baby baked potatoes 1 serving 2 pts  
Beef stew meat 4oz 6 pts  
Boneless pork chops 1 chop 4 pts  
Boneless pork riblets 7 pieces 10pts