

Nutritional Data	Gluten Info***	WW Pro Points*	Vegan	Vegetarian	Serving Size g	Calories	Fiber g	Protein g	Total Fat g	Carb g	Sodium mg
KIDS											
Quarter Dark Skinless	✓	3.5			68	139	0	19	7	0	63
Quarter Dark with skin	✓	5			83	211	0	22	13	0	73
Beans and Three											
Black Beans	✓	1	✓	✓	60	39	5	3	1	8	138
Sour Cream (vendor may vary)**	✓	1		✓	15	35	0	0	3	1	27
Rice	✓	1	✓	✓	15	50	0	1	0	11	83
Callaloo	✓	1	✓	✓	65	29	1.5	1	1.5	3.5	132
Boija Muffins		5		✓	90	208	2	4	9	27	261
Sweet Potatoes	✓	1	✓	✓	76	55	2	1	0	13	131
coconut	✓		✓	✓	5	22	0	0	1	2	14
Bean and Corn Salad	✓	2	✓	✓	81	76	4	4	2	13	152
Cole Slaw	✓	1		✓	85	45	2	1	1	8	87
House Salad with tomatoes and onions	✓	0	✓	✓	14	3	0	0	0	1	1
cheese (vendor may vary)**	✓	0		✓	5	40	0	2	2	0	33
Fresh Fruit	✓	0	✓	✓	43	20	1	1	0	3.5	5
Cheese Wedges											
cheese (vendor may vary)**	✓	4		✓	42	138	0	8	10	4	530
100% Whole Wheat Round		3	✓	✓	43	100	5	5	1	22	170
PB and J	✓	3.5	✓	✓	30	134	1	4	8	12	88
100% Whole Wheat Round		3	✓	✓	43	100	5	5	1	22	170
Multigrain Bun (vendor may vary)**		4		✓	57	150	2	5	2	31	250
Kid Nachos- chips and cheese	✓	8		✓	72	315	2	13	19	20	310
Snacks/ Appetizers											
Black Bean Dip	✓	2	✓	✓	169	103	10	6	3	22	366
Jalapenos	✓	0	✓	✓	17	4	1	0	0	1	284
cheese (vendor may vary)**	✓	4		✓	42	165	0	11	13	0	270
Tortilla Chips	✓	4	✓	✓	30	150	2	2	6	20	40
100% Whole Wheat Round		3	✓	✓	43	100	5	5	1	22	170
Onions	✓	0	✓	✓	28	9	0	0	0	2	2
Black Bean Nachos appetizer (4 svg/plate): tortilla chips, bean dip, tomatoes	✓	2	✓	✓	86	103	4	3	4	16	112
Onion	✓	0	✓	✓	28	9	0	0	0	2	2
Jalapeno	✓	0	✓	✓	17	4	1	0	0	1	284
cheese (vendor may vary)**	✓	1		✓	10	81	0	3	4	0	67
Sour Cream (vendor may vary)**	✓	1		✓	15	35	0	0	3	1	27
Beef	✓	1.5			21	58	0	6	4	0	19
Rice	✓	1	✓	✓	7.5	25	0	1	0	5	42
Chicken	✓	1			17	34	0	5	2	0	8
white meat chicken	✓	0			18	29	0	5	0	0	13
SALADS											
Black Bean Salad with Black Beans, tomatoes, onions	✓	3	✓	✓	356	140	15	10	4	30	405
Tortilla Chips	✓	2	✓	✓	20	100	1	1	4	13	26
cheese (vendor may vary)**	✓	4		✓	42	165	0	11	13	0	270
Chicken	✓	3.5			68	139	0	19	7	0	63
white meat chicken	✓	2.5			70	116	0	22	2	0	52
Beef	✓	6			85	231	0	23	15	0	77
Rice	✓	2.5	✓	✓	30	101	0	2	0	22	167
Sour Cream (vendor may vary)**	✓	1		✓	15	35	0	0	3	1	27
Lucayan Salad with marinated chicken breast, Mandarin Oranges	✓	7			382	283	3	37	4	24	131
Toasted Almonds, 1 ounce	✓	2	✓	✓	14	84	2	3	7	3	0
Chicken and Veggies Salad: chicken breast, tomatoes, carrots, cukes	✓	3			300	176	3	29	3	7	101
cheese (vendor may vary)**	✓	4		✓	42	165	0	11	13	0	270
Lite Tropical Chicken Salad, 2/3 cup serving	✓	5			141	207	1	16	8	16	262
Lite Tuna Salad, 2/3 cup svg	✓	4			152	174	1	18	6	9	543

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CHICKEN											
Quarter Dark Skinless	✓	3.5			68	139	0	19	7	0	63
Quarter Dark with skin	✓	5			83	211	0	22	13	0	73
Quarter White Skinless	✓	3			86	142	0	27	3	0	64
Quarter White with Skin	✓	5			98	193	0	29	8	0	70
Pulled BBQ White Chicken	✓	3.5			114	156	0	27	3	3	115
SIDE ITEMS and BREAD											
Black Beans (1/2 c)	✓	2	✓	✓	120	78	9	6	3	15	277
Sour Cream (vendor may vary)**	✓	1		✓	15	35	0	0	3	1	27
Rice (1/2 c)	✓	2.5	✓	✓	30	101	0	2	0	22	167
Callaloo (1/2 c)	✓	1	✓	✓	129	58	3	2	3	7	267
Boija Muffin		5		✓	90	208	2	4	9	27	261
Sweet Potatoes (1/2 c)	✓	3	✓	✓	152	111	3	2	0	26	263
coconut	✓	0	✓	✓	5	22	0	0	1	2	14
Bean and Corn Salad (1/2 c)	✓	4	✓	✓	162	153	7	7	4	25	304
actual sodium, carbs and fat are lower as canned products are reported with excess sodium that is drained away and marinade is drained when served											
Cole Slaw (1/2 c)	✓	2		✓	170	91	3	2	3	15	175
actual sodium, carbs and fat are lower as slaw dressing is drained when served											
House Salad with tomatoes and onions	✓	0	✓	✓	27	5	0	0	0	1	2
cheese (vendor may vary)**	✓	1		✓	10	81	0	3	4	0	67
Orzo Pasta Salad		3	✓	✓	76	136	2	4	5	16	175
Fresh Fruit (1/2 c)	✓	0	✓	✓	85	39	1	1	0	7	11
Tortilla Chips	✓	4	✓	✓	30	150	2	2	6	20	40
Potato Chips, 1ounce	✓	4	✓	✓	28	160	1	2	10	15	170
100% Whole Wheat Round		3	✓	✓	43	100	5	5	1	22	170
Multigrain Bun (vendor may vary)**		4		✓	57	150	2	5	2	31	250
SANDWICHES- not including bread see Bun and pita above											
Burger	✓	7			102	277	0	27.6	18	0	92.4
cheese (vendor may vary)**	✓	2		✓	21	69	0	4	5	2	266
Chicken Breast with Lettuce	✓	3			86	142	0	27	3	0	64
Pulled BBQ White Chicken	✓	2			76	104	0	18	2	2	77
Veggie with lettuce, tomatoes, cucumbers, carrots, onions (SEE BREAD ABOVE)	✓	0	✓	✓	81	14	1	1	0	3	9
cheese (vendor may vary)**	✓	1		✓	10	81	0	3	4	0	67
Lite Chicken Salad	✓	4			106	155	1	12	6	12	196
Lite Tuna Salad	✓	3			101	116	1	12	4	6	361
Homemade Veggie Burger		2	✓	✓	95	115	5	5	1	24	316
cheese (vendor may vary)**	✓	2		✓	21	69	0	4	5	2	266
Homemade Sauces and Dressings (1TB portion)											
BBQ	✓	0	✓	✓	14	7	0	0	0	1.5	25
Curry	✓	0	✓	✓	15	8	0	0	0	2	60
Jerk		0	✓	✓	20	19	0	0	1	2	77
House Vinaigrette	✓	2	✓	✓	17	88	0	0	8	4	128
Lite House Vinaigrette	✓	1		✓	16	36	0	0	2	4	154
Lite Honey Lime	✓	1		✓	14	32	0	0	2	3	68
Lite Cucumber Dill	✓	1		✓	14	27	0	0	3	1	59
Tangy Sauce (contains sour**)	✓	0		✓	14	17	0	0	1	1	18
Lite Zesty Ranch	✓	1		✓	14	27	0	0	2.6	1	59

*NOTE: Weight Watchers, POINTS and PointsPlus are registered trademarks of Weight Watchers International, Inc. Authentic information about the program is only available at your local Weight Watchers meeting. This site is not affiliated with Weight Watchers International in any way, and Weight Watchers has not reviewed this site for accuracy or suitability for WW members. Information on this site is based on recollections and assumptions of its author and is not warranted for any purpose by its author. All readers are encouraged to go to a Weight Watcher's meeting for actual WW info. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.

**Vendor may vary which could alter data. Cheese and Sour cream are typically gluten-free.

***Gluten Information: Made with ingredients that do not naturally contain gluten. Ingredients are stored in facilities where gluten dust may be present. Depending on vendor, Cheese and Sour Cream can contain gluten.

We do our best to keep nutritional and allergy information updated however variation in serving sizes, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically.