

Weight Watcher's Points for Menu Items

A.I.S.D. now offers the Weight Watcher's Program at work sites and on-line at the Staff Wellness webpage. Using the Weight Watcher's On-Line Calculator <http://www.calculatorcat.com> each menu item offered in the school cafeterias has been given a Weight Watcher's point value. The calculator uses calories, grams of fat and grams of fiber for the calculation.