

# October Weight Watcher Points

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|---------------------------------------|----|
| Shrimp Baked with Orzo and Feta       | 5  |
| Cola Roast                            | 6  |
| Oven Fried Chicken                    | 7  |
| Fiesta Chicken Casserole              | 7  |
| Italian Herb Crusted Pork Chops       | 7  |
| Chicken Picatta                       | 8  |
| Mom's Apple Crisp                     | 8  |
| Artichoke Chicken                     | 9  |
| Pizza Meatloaf                        | 10 |
| Savory Creole Pork Chops              | 10 |
| Lemon Parmesan Tilapia                | 10 |
| Pizza Soup                            | 11 |
| Baked Ziti with Pesto                 | 12 |
| Buffalo Chicken Pasta                 | 13 |
| Baked French Toast w/ Praline Topping | 13 |