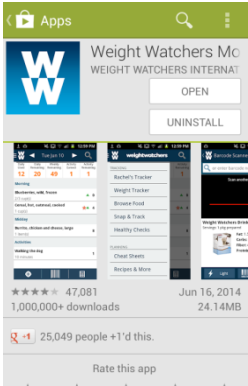


# USING THE NEW LAUREL SCHOOL DISTRICT MENU REFERENCE GUIDE WITH YOUR MOBILE DEVICE COULD NOT BE EASIER TO ACHIEVE YOUR WELLNESS GOALS

Download the app from your mobile device's app store



Log-in with your username and password

**weightwatchers**  
**Simple Start**

Please log in using your Weight Watchers account information

Username:

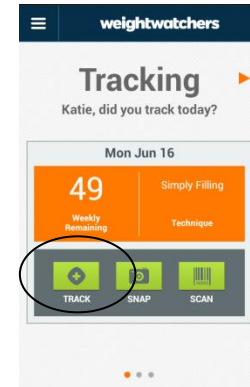
Password:

Not a Weight Watchers member? [Join now!](#)

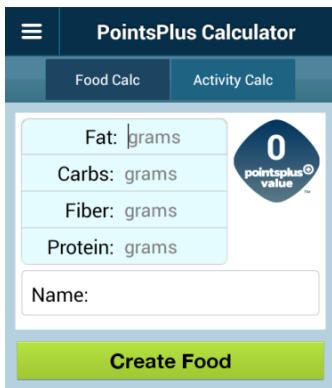
**Log in** >



Track the food item(s) you've selected for your meal



Enter nutrient information located on the menu reference guide



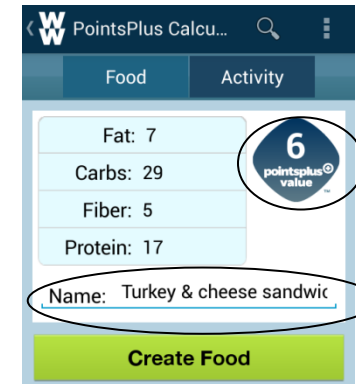
"..Hmm, today I'll have a turkey & cheese sandwich..."

**SANDWICHES/WRAPS**

ITEM	PORTION	CARB, G	FIBER, G	PRO, G	FAT, G	CAL
Sandwich, BBQ Beef	1 each	36	3	17	20	385
Sandwich, Chicken Salad	1 each	29	5	16	10	262
Sandwich, PB & J	1 each	45	5	13	25	460
Sandwich, Roast Beef & Cheese	1 each	28	5	21	15	314
Sandwich, Teriyaki	1 each	28	2	21	5	232
Sandwich, Tuna Salad	1 each	32	4	24	8	297
Sandwich, Turkey & Cheese	1 each	29	5	17	7	238



A pointsplus value is provided on the screen and once you enter any food item this way, it is saved under the name you create and can be added to your daily tracker any time. Enjoy!



**Laurel School Nutrition Services**



Delicious. Nutritious. Convenient.