

myWW POINTS FOR CHICK-FIL-A

| MENU ITEM NAME | BLUE | GREEN | PURPLE | MENU ITEM NAME | BLUE | GREEN | PURPLE | MENU ITEM NAME | BLUE | GREEN | PURPLE |
|---------------------------------------|------|-------|--------|--------------------------|------|-------|--------|-----------------------------|------|-------|--------|
| Breakfast | | | | Entrees | | | | Salads (no dressing) | | | |
| Chicken Biscuit | 15 | 15 | 15 | Chicken Sandwich | 12 | 12 | 12 | Cobb | | | |
| Chick-N-Minis | 11 | 11 | 11 | Deluxe Sandwich | | | | - with nuggets | 10 | 13 | 10 |
| Egg White Grill | 6 | 7 | 6 | - with american cheese | 14 | 14 | 14 | - with spicy grilled filet | 4 | 9 | 4 |
| Hash Brown Scramble Burrito | | | | - with colby jack | 15 | 15 | 15 | - with grilled nuggets | 4 | 9 | 4 |
| - with nuggets | 19 | 21 | 19 | - with pepper jack | 15 | 15 | 15 | - with chick-n-strips | 12 | 15 | 12 |
| - with sausage | 21 | 23 | 21 | - with no cheese | 12 | 12 | 12 | - with grilled filet (cold) | 4 | 9 | 4 |
| - with grilled fillet | 16 | 20 | 16 | Spicy Chicken Sandwich | 13 | 13 | 13 | - with grilled filet (warm) | 4 | 9 | 4 |
| - with nuggets and no hashbrown | 14 | 17 | 14 | Spicy Deluxe Sandwich | | | | - with no chicken | 5 | 8 | 5 |
| - with sausage and no hasbrown | 16 | 18 | 16 | - with colby jack | 16 | 16 | 16 | Spicy Southwest | | | |
| - with grilled fillet and no hasbrown | 11 | 15 | 11 | - with american cheese | 15 | 15 | 15 | - with spicy grilled filet | 7 | 11 | 7 |
| Hash Brown Scramble Bowl | | | | - with pepper jack | 16 | 16 | 16 | - with grilled filet | 7 | 10 | 7 |
| - with nuggets | 11 | 14 | 11 | - with no cheese | 13 | 13 | 13 | - with nuggets | 13 | 15 | 13 |
| - with sausage | 13 | 16 | 13 | Grilled Chicken Sandwich | 6 | 8 | 6 | - with grilled nuggets | 7 | 11 | 7 |
| - with grilled fillet | 8 | 12 | 8 | Grilled Chicken Club | | | | - with chick-n-strips | 15 | 16 | 15 |
| - with nuggets and no hashbrown | 6 | 9 | 6 | - with american cheese | 10 | 12 | 10 | - with no chicken | 8 | 9 | 8 |
| - with sausage and no hasbrown | 8 | 11 | 8 | - with colby jack | 11 | 13 | 11 | Market Salad | | | |
| - with grilled fillet and no hasbrown | 3 | 7 | 3 | - with pepper jack | 11 | 12 | 11 | - with grilled filet | 5 | 4 | 5 |
| Bacon, Egg, and Cheese Biscuit | 13 | 15 | 13 | - with no cheese | 8 | 10 | 8 | - with spicy grilled filet | 5 | 7 | 5 |
| Sausage, Egg and Cheese Biscuit | 21 | 23 | 21 | Nuggets | | | | - with chick-n-strips | 12 | 12 | 12 |
| Bacon, Egg, and Cheese Muffin | 8 | 9 | 8 | - 4 count | 3 | 3 | 3 | - with nuggets | 11 | 11 | 11 |
| Sausage, Egg and Cheese Muffin | 16 | 17 | 16 | - 6 count | 4 | 4 | 4 | - with grilled nuggets | 5 | 7 | 5 |
| Chicken, Egg, and Cheese Bagel | 14 | 15 | 14 | - 8 count | 6 | 6 | 6 | - with no chicken | 5 | 5 | 5 |
| Buttered Biscuit | 11 | 11 | 11 | - 12 count | 9 | 9 | 9 | | | | |
| Sunflower Multigrain Bagel | 7 | 7 | 7 | - 30 count | 22 | 22 | 22 | | | | |
| - with cream cheese | 10 | 10 | 10 | Grilled Nuggets | | | | | | | |
| English Muffin | 4 | 4 | 4 | - 4 count | 0 | 1 | 0 | | | | |
| Hash Browns | 9 | 9 | 9 | - 6 count | 0 | 1 | 0 | | | | |
| Greek Yogurt Parfait w/ Granola | 11 | 11 | 11 | - 8 count | 0 | 2 | 0 | | | | |
| - with cookie crumbs | 10 | 10 | 10 | - 12 count | 0 | 3 | 0 | | | | |
| Small Fruit Cup | 1 | 1 | 1 | Chick-n-Strips | | | | | | | |
| Medium Fruit Cup | 1 | 1 | 1 | - 1 count | 2 | 2 | 2 | | | | |
| | | | | - 2 count | 5 | 5 | 5 | | | | |
| | | | | - 3 count | 8 | 8 | 8 | | | | |
| | | | | - 4 count | 10 | 10 | 10 | | | | |

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| MENU ITEM NAME | BLUE | GREEN | PURPLE | MENU ITEM NAME | BLUE | GREEN | PURPLE | MENU ITEM NAME | BLUE | GREEN | PURPLE |
|----------------------|------|-------|--------|-------------------|------|-------|--------|-----------------------------|-------------|--------------|---------------|
| | | | | Grilled Cool Wrap | 6 | 7 | 6 | | | | |
| Sides | | | | Kids Meals | | | | Dipping Sauces | | | |
| Waffle Fries | | | | Nuggets | | | | Barbecue | 2 | 2 | 2 |
| - small | 10 | 10 | 10 | - 4 count | 3 | 3 | 3 | Chick-Fil-A sauce | 6 | 6 | 6 |
| - medium | 13 | 13 | 13 | - 6 count | 4 | 4 | 4 | Garden Herb Ranch | 5 | 5 | 5 |
| - large | 17 | 17 | 17 | Chick-n-Strips | | | | Honey Mustard | 3 | 3 | 3 |
| Fruit Cup | | | | - 1 count | 2 | 2 | 2 | Honey Roasted BBQ | 2 | 2 | 2 |
| - small | 1 | 1 | 1 | - 2 count | 6 | 6 | 6 | Polynesian | 5 | 5 | 5 |
| - medium | 1 | 1 | 1 | Grilled Nuggets | | | | Sweet and Spicy Siracha | 3 | 3 | 3 |
| Side Salad | 3 | 3 | 3 | - 4 count | 0 | 1 | 0 | Zesty Buffalo | 1 | 1 | 1 |
| Mac & Cheese | | | | - 6 count | 0 | 1 | 0 | | | | |
| - small | 10 | 10 | 10 | | | | | MENU ITEM NAME | BLUE | GREEN | PURPLE |
| - medium | 16 | 16 | 16 | | | | | Dressing | | | |
| Chicken Noodle Soup | | | | | | | | Avocado Lime Ranch | 11 | 11 | 11 |
| - cup | 2 | 3 | 1 | | | | | Creamy Salsa | 10 | 10 | 10 |
| - bowl | 5 | 5 | 5 | | | | | Fat Free Honey Mustard | 5 | 5 | 5 |
| Kale Crunch Side | 3 | 3 | 3 | | | | | Garden Herb Ranch | 10 | 10 | 10 |
| Greek Yogurt Parfait | | | | | | | | Light Balsamic Vinaigrette | 4 | 4 | 4 |
| - w/ Granola | 11 | 11 | 11 | | | | | Light Italian | 1 | 1 | 1 |
| - w/ cookie crumbs | 10 | 10 | 10 | | | | | Zesty Apple Cider Vinaigret | 9 | 9 | 9 |
| Waffle Chips | 7 | 7 | 7 | | | | | | | | |
| Apple Sauce | 4 | 4 | 4 | | | | | | | | |

Disclaimer: Points were calculated by Life is Sweeter by Design using the WW points calculator; This is not associated or endorsed by Weight Watchers International, Inc. This is only a guide and you should always figure points yourself based on exactly what you are eating. This was based on the menu at the time of creation and could change at any time.