

## **“Fit Nut” lunches required to be brought to school by students enrolled in Andrew H.S. Fitness-Nutrition program**

*(Victor J. Andrew High School in Tinley Park, Illinois)*

**Students:** You are required to bring a lunch to class every day. The selection of food in the lunch will be GRADED so it is important that nutritious selections are made each day. The following rating scale will be used:

- Milk products (yogurt, milk): 2 points
- 100% fruit juice or water: 1 point
- Fresh fruit or fresh vegetable: 2 points
- Canned fruit: 1 point (0 points for jelly)
- Whole grain bread (first ingredient in the label: whole wheat flour): 2 points per slice (max. 4 points)
- White bread, pretzels, baked chips or granola bar: 1 point (no more than 2 of these extra items per day, excluding bread)
- Cheese, meat, fish, or egg: 1 point
- Nuts or peanut butter: 1 point
- Rice or pasta: 1 point
- Cookies, regular chips, candy, pudding and other processed baked foods will result in a loss of points.

### **Total number of points earned per day: 10 points**

- If fresh fruit or vegetable is not included, most points possible for day: 8 points
- Only 2 drinks count for points on any given day
- Cafeteria food is only allowed for 2 days per semester if needed, and you still need to create your lunch following healthy guidelines. After 2 trips to the cafeteria, any future trips = 0 points.
- Drinks may be bought from the cafeteria every day. If any other item is bought, it automatically counts as a cafeteria day.