

## Be Cool in School: Eat Lunch.

For many kids, lunchtime at school is the best part of the day. It's a time to talk to friends, plan after-school activities, take a break and reenergize. Making healthy choices at lunch can be hard, but it will help keep you focused for the rest of the day.

- » Plan ahead. Check out your school menu to plan lunch for the week. Highlight the healthy options to guide your choices. If you don't find healthy items on your school menu, bring your lunch from home.
- » Work with your parents to pack healthy and tasty lunches. Keep healthy ingredients on hand to keep things easy and quick.
- » Keep your packed lunch cool with an ice pack and insulated bag.
- » Change what you eat for lunch each day to keep it exciting and fun!

## Make some healthy changes to your lunch

Instead of this:	Try this:
white bread, rolls, tortillas, crackers or English muffins	whole-grain bread, rolls, tortillas, crackers or English muffins
cheese	fat-free or low-fat cheese
mayonnaise or oil	light or low-fat mayonnaise or mustard
potato chips, tortilla chips, cheese crackers or other fried snacks	baked potato chips, whole-grain pretzels and crackers, or low-fat popcorn
fruit snacks or diced fruit in syrup	diced fruit in natural juice or whole fruit
cookies, cakes, brownies or candy	graham crackers, low-fat granola bars, dried fruit without added sugar
ice cream and water ice	low-fat yogurt or fruit sorbet (no added sugar)
sugar-sweetened beverages like soda, Hugs®, fruit punch, orange drinks or other beverages without 100% juice (or those with just a small amount of 100% juice)	water, skim or low-fat milk, or 100% fruit juice

## Smart and Sweet Popcorn

### What You'll Need

- |  |                                      |
|--|--------------------------------------|
| 12 cups low-fat, low-sodium microwave popcorn, or 12 cups air-popped popcorn | 1 1/2 teaspoons Worcestershire sauce |
| butter-flavored cooking spray  | 1/2 teaspoon brown sugar             |
| 1 1/2 teaspoons cumin  | 1/2 teaspoon paprika                 |
| 1 teaspoon garlic powder   | 1 teaspoon cayenne pepper (optional) |
| 1 teaspoon onion powder  |                                      |

Serves 8

### Let's Cook!

- 1 Preheat oven to 250 degrees.
- 2 Place popcorn in a large mixing bowl or large resealable plastic bag.
- 3 Lightly spray the popcorn with cooking spray.
- 4 Combine cumin, garlic powder, onion powder, paprika and cayenne pepper in a small bowl.
- 5 Sprinkle spices over popcorn and toss to coat evenly.
- 6 Mix Worcestershire sauce and brown sugar in a small bowl until sugar dissolves. Sprinkle mixture over popcorn and toss.
- 7 Spread popcorn evenly in large baking pan.
- 8 Bake for 10 minutes.

### Nutrition Facts

Serving Size (19g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 15</b>
	% Daily Value*
<b>Total Fat 1.5g</b>	<b>2%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 95mg</b>	<b>4%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
<b>Dietary Fiber 3g</b>	<b>12%</b>
<b>Sugars 1g</b>	
<b>Protein 2g</b>	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 4%

