



Guiding StarsSM
Nutritious shopping made simple.SM

All Star school lunch ideas

Try to pick at least one item from each box for a nutrition packed lunchbox.

Protein + Dairy Foods = Strong Muscles & Bones

| | |
|----------------------|-----------------------|
| Plain yogurt | Low-fat milk |
| Starred tuna | 1 oz starred nuts |
| Grilled chicken | Starred peanut butter |
| Soy milk | Soy nut butter |
| Starred Mac n Cheese | Almond butter |

Grains = Energy and Brain Power Lots of Stars to choose from!

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|--|---|
| Whole grain crackers Check out the cracker aisle! Hannaford carries more than 55 brands of delicious starred crackers. | Whole wheat bulky roll |
| Popcorn | Whole wheat wrap |
| Goldfish with calcium | Multigrain bread |
| Whole grain cereal | Soy crisps |
| | Energy bars: Found in the grocery aisle or Nature's Place- more than 100 fabulous starred choices to choose from! |

Fruits + Veggies = Vitamins and Fiber Easy to find Star choices!

| | |
|------------------|------------------------|
| Apple slices | Baby cut carrots |
| Pear slices | Cucumber sticks |
| Dried apricots | Celery sticks |
| Pineapple chunks | Raisins |
| Banana | Cinnamon applesauce |
| Grapes | Unsweetened applesauce |
| Grape tomatoes | Melon cubes |



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All Star kid snack ideas

These items are winners for after school snack attacks and on-the-road munchies.
Look for Stars when shopping for these items.

Grapes
Apple slices
Banana
Orange
Pear
Strawberries
Raisins
Unsweetened apple sauce

Whole grain crackers
Popcorn
Pretzels
Goldfish crackers with calcium
1 oz starred nuts
(Keep crackers, popcorn, pretzels, & nut choices to 1-2 oz.)
Celery sticks with all natural peanut butter
Carrots with hummus
Grape tomatoes with low-fat dip

100% fruit juice
Starred spritzer
Low-fat/skim milk
Vanilla soymilk
Water - essential for life!

