



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!

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!





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All Star snacks for you

What's your craving?

Select several of these tasty starred items and pack more nutrition into snack time.

Grapes
Apple slices
Banana
Orange
Pear
Raisins & other dried fruits
All natural apple sauce
Fruit cups

Any plain yogurt - Try with these great mix-ins.

Sliced almonds
Dried starred fruit
100% frozen fruit (Thaw before mixing in.)
Fresh fruit
Dash of vanilla extract

4 oz tapioca pudding

Popcorn
Chips
Pretzels
1 oz starred nuts
(Keep popcorn, chips, pretzles, & nut choices to 1-2 oz.)
Baby carrots
Celery sticks
Cucumber sticks
Multigrain & wheat crackers
Soy crisps
Whole wheat pita bread with hummus and veggies
Energy bars: Found in the grocery aisle or Nature's Place-
more than 100 fabulous starred choices to choose from!



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All Star lunch ideas

Whether you're at your desk or on the road, these snacks pack a nutritious punch, and rated well in our Guiding Stars program.

Grilled chicken on a bed of spinach, carrots, almonds, and cherry tomatoes
Multigrain roll
Apple

Hummus & veggie roll up: sprouts, tomatoes, cucumbers, red peppers, broccoli on a whole wheat wrap
1 cup of grapes
3 oz of sweet potato or veggie chips

1-2 starred frozen entrées (found in the freezer section)
Plain yogurt with dried fruit
1 oz almonds

Starred tuna on whole wheat bread
Small salad
1/2 cup tapioca pudding

1-3 star lentil or black bean soup
Multigrain roll
Orange
8 oz of skim milk

Cranberry & walnut side salad (found in our deli)
Hannaford chicken and broccoli penne (found in our deli)
4 oz unsweetened apple sauce

Starred frozen bean burrito
Plain yogurt mixed with blueberries and strawberries

90% lean ground beef hamburger on a whole wheat roll
Small mixed salad

Grilled chicken on a whole wheat tortilla made with carrots, spinach, tomatoes and light dressing
Apple

Starred macaroni and cheese
1 cup grapes
Side of broccoli