



Lycée Français de la Nouvelle-Orléans Collations Autorisées (Snacks allowed)

- Breads, especially whole-grain breads
- Whole grain, non-fried crackers without artificial dyes
- Graham crackers
- Fresh fruit, for example bananas, oranges, melons, pineapple, berries
- Frozen or fresh seedless grapes, cut in half for Pre-K and K students
- Dried fruit, such as raisins or apricots
- Chex Mix
- Granola bars (watch sugar content)
- Rice cakes
- Mini bagels
- Yogurt
- Prepackaged sliced apples
- Pretzels
- Popcorn
- Dry cereal, such as granola, Cheerios™ or Mini Wheats™
- Cut up raw veggies, for instance carrots, cucumbers or celery
- Pickles
- Whole grain snacks
- Guacamole or hummus and chips
- Boiled eggs
- Applesauce
- Whole wheat bread and Jam
- Vanilla wafers
- Tortilla rolls with cheese

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