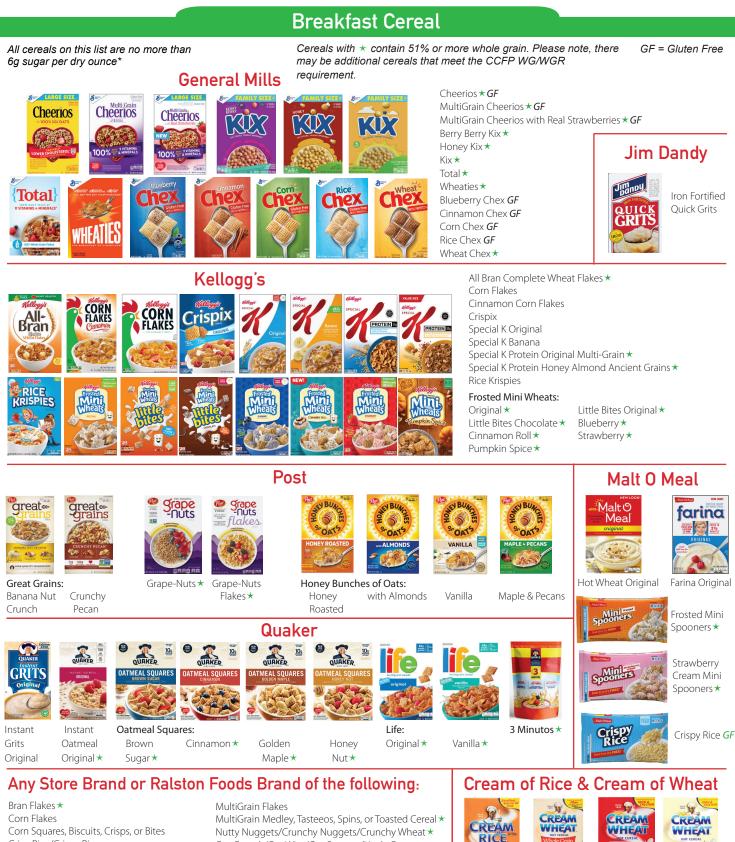
## Florida WIC Approved Cereal List for the Child Care Food Program 2022-2023

Updated May 2022



Corn Flakes Corn Squares, Biscuits, Crisps, or Bites Crisp Rice/Crispy Rice Crispy Hexagons (Corn & Rice) Essentially You/Toasted Rice Frosted Shredded Wheat/Frosted Wheat **\*** Instant Grits – Original/Regular Instant Oatmeal – Original/Regular **\*** (11.8 oz.) Strawberry Frosted Shredded Wheat **\***  MultiGrain Medley, Tasteeos, Spins, or Toasted Cereal **\*** Nutty Nuggets/Crunchy Nuggets/Crunchy Wheat **\*** Oat Crunch/Oat Wise/Oat Squares/Lively Oats Oats & More with Almonds/Almonds & Oats Oats & More with Honey/Honey & Oats Rice Squares, Biscuits, Crisps, or Pockets Toasted Oats/Tasteeos/Toasted Oat Spins/Happy O's **\*** Wheat Flakes Wheat Squares, Biscuits, or Crisps **\*** 

## Cream of Rice: Cream of Wheat: Stove Top & Whole Grain \* 2½ minu Instant GF Stove Top &

Instant



**f Wheat:** 2½ minute, 1 minute & Instant

This document has been edited for use in the Child Care Food Program. \*Please note, portion sizes listed on the label may vary. All cereals on this list meet the 6g sugar per dry ounce limit.