

Breakfast Cereal

All cereals on this list are no more than 6g sugar per dry ounce*

Cereals with ★ contain 51% or more whole grain. Please note, there may be additional cereals that meet the CCFP WG/WGR requirement.

GF = Gluten Free

General Mills



Cheerios ★ GF
MultiGrain Cheerios ★ GF
MultiGrain Cheerios with Real Strawberries ★ GF
Berry Berry Kix ★
Honey Kix ★
Kix ★
Total ★
Wheaties ★
Blueberry Chex GF
Cinnamon Chex GF
Corn Chex GF
Rice Chex GF
Wheat Chex ★

Jim Dandy



Iron Fortified
Quick Grits

Kellogg's



All Bran Complete Wheat Flakes ★
Corn Flakes
Cinnamon Corn Flakes
Crispix
Special K Original
Special K Banana
Special K Protein Original Multi-Grain ★
Special K Protein Honey Almond Ancient Grains ★
Rice Krispies
Frosted Mini Wheats:
Original ★
Little Bites Chocolate ★
Cinnamon Roll ★
Pumpkin Spice ★

Little Bites Original ★
Blueberry ★
Strawberry ★

Post



Great Grains:
Banana Nut
Crunch
Crunchy
Pecan

Grape-Nuts ★
Grape-Nuts
Flakes ★

Honey Bunches of Oats:
Honey
with Almonds
Vanilla
Maple & Pecans

Malt O Meal



Hot Wheat Original
Farina Original

Quaker



Instant
Grits
Original

Instant
Oatmeal
Original ★

Oatmeal Squares:
Brown
Sugar ★
Cinnamon ★
Golden
Maple ★

Honey
Nut ★

Life:
Original ★

Vanilla ★

3 Minutos ★



Frosted Mini
Spooners ★



Strawberry
Cream Mini
Spooners ★



Crispy Rice GF

Any Store Brand or Ralston Foods Brand of the following:

Bran Flakes ★
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 Flakes
MultiGrain Medley, Tasteos, 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/Tasteos/Toasted Oat Spins/Happy O's ★
Wheat Flakes
Wheat Squares, Biscuits, or Crisps ★

Cream of Rice & Cream of Wheat



Cream of Rice:
Stove Top &
Instant GF



Whole Grain ★
Stove Top &
Instant



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.