

## Breakfast Cereal

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

Cereals with ✓ meet the CCFP WG/WGR requirements

GF = Gluten Free

### General Mills



Cheerios<sup>GF</sup> ✓  
 Cheerios Oat Crunch Berry ✓  
 Cheerios Vanilla Spice<sup>GF</sup> ✓  
 MultiGrain Cheerios<sup>GF</sup> ✓  
 Berry Berry Kix ✓  
 Honey Kix ✓  
 Kix ✓  
 Total ✓  
 Wheaties ✓  
 Blueberry Chex <sup>GF</sup>  
 Cinnamon Chex <sup>GF</sup>  
 Corn Chex <sup>GF</sup>  
 Rice Chex <sup>GF</sup>  
 Wheat Chex ✓

### Avelina

Instant Rolled Oats<sup>GF</sup> ✓



### Broadus Foods

Snoop Frosted Drizzlerz ✓



### Jim Dandy

Iron Fortified Quick Grits

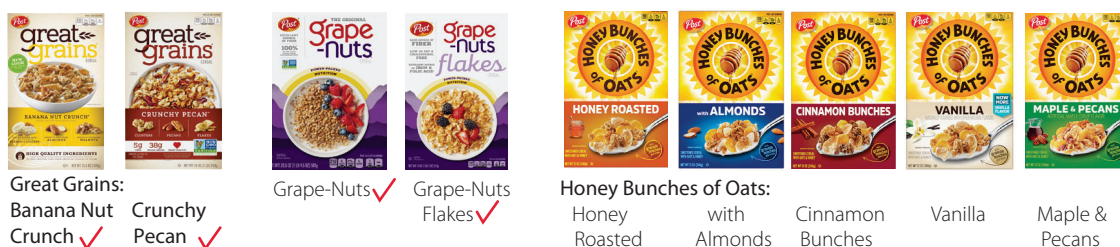


### Kellogg's



All Bran Complete Wheat Flakes ✓  
 Corn Flakes  
 Corn Flakes Honey Flavored  
 Crispix  
 Special K Original  
 Special K Protein Original Multi-Grain ✓  
 Rice Krispies  
 Frosted Mini Wheats:  
 Original ✓ Little Bites Original ✓  
 Chocolate ✓  
 Pumpkin Spice ✓ Blueberry ✓  
 Cinnamon Roll ✓ Strawberry ✓  
 Golden Honey ✓

### Post

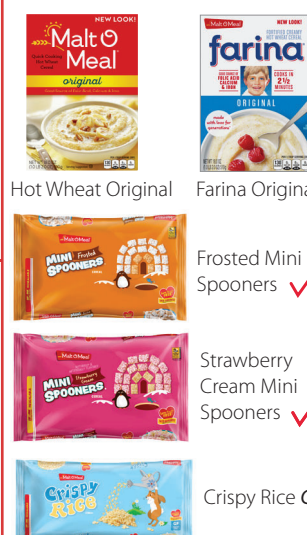


Great Grains:  
 Banana Nut Crunch ✓  
 Crunchy Pecan ✓

Grape-Nuts ✓  
 Grape-Nuts Flakes ✓

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

### Malt O Meal



Hot Wheat Original  
 Farina Original

Frosted Mini Spooners ✓

Strawberry Cream Mini Spooners ✓

Crispy Rice <sup>GF</sup>

### Quaker



Instant Grits Original

Instant Oatmeal Original ✓

Oatmeal Squares:  
 Brown Sugar ✓  
 Cinnamon ✓  
 Honey Nut ✓

Life:  
 Original ✓  
 Vanilla ✓

### 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 ✓  
 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 <sup>GF</sup>

Cream of Wheat:

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.