

# Cereals that Meet the CACFP Requirement

The cereals below contain no more than 6 grams of sugar per dry ounce, but may not be whole grain rich.

## Essential Everyday

- Wheat Bran Flakes
- Nutty Nuggets
- Toasted Oats
- Frosted Shredded Wheat (bite size)
- Crunchy Oat Squares- (Original Only)
- Corn Flakes
- Crispy Rice
- Crunchy Corn Squares
- Crunchy Rice Squares
- Honey Oats and Flakes (Original or Almonds)
- Crispy Hexagons
- Multigrain Toasted Oats
- Crunchy Wheat Squares

## General Mills

- Cheerios
- Cheerios Ancient Grains
- Multi Grain Cheerios
- Rice/Wheat/Corn Chex
- Kix or Honey Kix
- Total
- Wheaties

## Great Value

- Crunchy Honey oats
- Frosted Shredded Wheat
- Bran Flakes
- Corn Flakes
- Crisp Rice
- Crunchy Nuggets
- Toasted Corn
- Toasted Rice
- Toasted Wheat
- Toasted Oat
- Crunchy Oat Squares

## Kellogg's

- Corn Flakes (plain)
- Crispix Original
- Rice Krispies (plain)
- Special K Original



## Kroger

- Rice Blitz
- Oat Squares
- Toasted Oats
- Corn Flakes
- Frosted Shredded Wheat (bite-size)- Original, blueberry or strawberry
- Nutty Nuggets
- Bran Flakes
- Honey Crisp Medley (Original or Almonds) Living Well
- Crispy Rice
- Multi Grain Toasted Oats

## Post

- Bran Flakes
- Honey Bunches of Oats-Almonds
- Honey Bunches of Oats- Cinnamon
- Honey Bunches of Oats- Honey Roasted Not-Just Bunches
- Honey Bunches of Oats-Vanilla
- Honey Bunch of Oats- Whole Grain Honey Crunch
- Shredded Wheat Original
- Grape Nuts Fakes

## Quaker

- Life- Original
- Oatmeal Squares- Brown Sugar
- Oatmeal Squares- Cinnamon
- Sunbelt Bakery- Simple Granola

### **Malt-O-Meal (Bags or Boxes)**

- Oat Blenders with Honey (Original or Almonds)
- Frosted Mini Spooners (Original or Almonds)
- Frosted Mini Spooners (Original, Blueberry or Strawberry Cream)
- Crispy Rice

### **Market Pantry**

- Frosted Shredded Wheat (bite size)- Original or Strawberry
- Toasted Oats
- Honey and Oat Mixers (Original or Almonds)

### **Winco**

- Toasted Oats
- Corn Flakes
- Frosted Shredded Wheat (bite size)
- Crisp Rice

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## **Hot Cereals**

- Cream of Wheat- 1 Min
- Cream of Wheat- 2.5 Min
- Cream of Wheat- 10 Min
- Cream of Wheat- Instant
- Cream of Wheat- Whole Grain
- Cream of Wheat- Gluten Free
- Essential Everyday- Instant oatmeal – packets only
- Essential Everyday- Original Instant Grits
- Great Value- Instant Oatmeal- packets only
- Kroger- Instant Oatmeal- packets only
- Kroger- Instant Grits Original
- Malt Of Meal- Plain and Chocolate
- Quaker -Plain packets only
- Quaker Grits- Original and all flavors in packets
- Quaker Oats-Quick 1 minute
- Western Family Instant Oatmeal- packets only
- Western Family-Creamy Wheat Farina
- Winco-Instant Oatmeal –packets only

