

Séréal Dejene (Breakfast Cereal)


Bwat oswa sachè de 9 a 36 ons. Manje ki otorize yo se sèlman sa yo mete nan lis anba la yo. *Séréal ki gen siy ★ yo genyen 51% ou plis grenn antye.* 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 Original ★
 - Little Bites Chocolate ★
 - Blueberry ★
 - Cinnamon Roll ★
 - Strawberry ★
 - Pumpkin Spice ★

Post



- Great Grains:
Banana Nut
Crunch
- Crunchy
Pecan
- Grape-Nuts ★
Grape-Nuts
Flakes ★
- Honey Bunches of Oats:
Honey
with Almonds
Roasted
- Vanilla
- Maple & Pecans

Malt O Meal

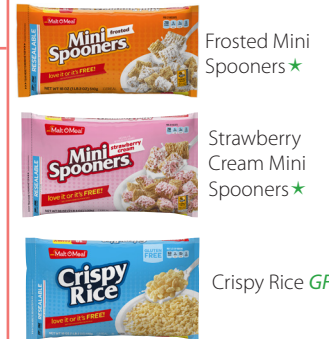


- Hot Wheat Original
- Farina Original

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

Nenpòt Mak Makèt La oswa Mak Manje Ralston de:

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

Cream of Wheat oswa Rice



- Cream of Rice:
Stove Top &
Instant GF
- Cream of Wheat:
Whole Grain ★
Stove Top &
Instant
- 2½ minute, 1 minute &
Instant

Kontwòl balans séréal ki rete nan kat EBT WIC la. Planifye acha séréal ou pou ou kapab itilize tout ons (oz.) yo pou mwa-a. Si ou achte gwosè 12, 18, 24, e 36 ons séréal yo, ou gen plis chans pou itilize tout ons séréal ou.