

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



- CheeriosGF ✓
- Cheerios Oat Crunch Berry ✓
- Cheerios Vanilla SpiceGF ✓
- MultiGrain CheeriosGF ✓
- Berry Berry Kix ✓
- Honey Kix ✓
- Kix ✓
- Total ✓
- Wheaties ✓
- Blueberry Chex GF
- Cinnamon Chex GF
- Corn Chex GF
- Rice Chex GF
- Wheat Chex ✓

Avelina

Instant Rolled OatsGF ✓



Broadus Foods

Snoop Frosted Drizzlerzr ✓



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 ✓
 - Cinnamon Roll ✓
 - Golden Honey ✓
 - Blueberry ✓
 - Strawberry ✓

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 GF

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, 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



- Cream of Rice:
 - Stove Top & Instant GF
- 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.