

The cereals listed below are approved by California WIC and meet the CACFP meal Pattern requirements. Cereals must contain no more than 6 grams of sugar per dry ounce.

Breakfast Cereal

Can Buy | Brands and products in 12 oz – 36 oz box or bag of cereal listed below and on the next page.

- = 50% or more folic acid per serving
- = 5 or more grams of fiber per serving

WHOLE GRAIN CEREALS — 51% or more whole grain

General Mills



Kellogg's



Quaker



Post



B&G Foods



Instant Oatmeal or Instant Oats | Brands listed below in 11.8 oz – 12 oz containers of individual serving packets. Old fashioned, classic, regular, or original flavor.

- Best Yet
- Early On
- First Street
- Food Club
- Great Value
- Hy-Vee
- IGA
- Kroger
- Raley's
- Ralston Foods
- Red & White
- Shurfine
- Signature Select
- Special Value
- Springfield
- Stater Bros.
- Sunny Select
- Western Family
- WinCo Foods

OTHER CEREALS — Less than 51% whole grain

Kellogg's



Post/Malt-O-Meal



● Crisp(y) Rice:

- Best Yet
- First Street
- Food Club
- Great Value
- Hospitality
- HyTop
- Hy-Vee
- IGA
- Kiggins
- Kroger
- Malt-O-Meal
- Market Pantry
- Mill Select Early On*
- Parade
- Raley's
- Ralston Foods
- Red & White
- Shurfine
- Signature Select
- Springfield
- Stater Bros.
- Sunny Select
- Valu Time
- Western Family
- WinCo Foods

*Cereal is 51% or more whole grain

Cannot Buy

- Any other brand, type, size, or flavor of breakfast cereal
- Grits
- Hot breakfast cereal with added fruits, nuts, sugars, or sweeteners (artificial, reduced-calorie, or no-calorie)

Helpful Hint

To buy the full 36 oz of cereal:

