

Breakfast Cereal

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

Cereals with ✓ meet the CCFP WG/WGR requirement.

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 Chocolate ✓
 Cinnamon Roll ✓
 Pumpkin Spice ✓

Little Bites Original ✓
 Blueberry ✓
 Strawberry ✓

Post



Great Grains:
Banana Nut
Crunch
Crunchy
Pecan

Grape-Nuts ✓
 Grape-Nuts
Flakes ✓

Honey Bunches of Oats:
 Honey ✓
 with Almonds ✓
 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}

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 (11.8 oz.) ✓
 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 ^{GF}



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.