Florida WIC Approved Cereal List for the Florida Child Care Food Program 2020-2021

Updated June 2020

Breakfast Cereal

All Cereals on this page contain no more than 6 grams of sugar *per dry ounce**

Cereals with ★ contain 51% or more whole grain.

GF = Gluten Free

General Mills

Cheerios ★*GF* | MultiGrain Cheerios ★*GF* | Blueberry Chex *GF* | Cinnamon Chex *GF* | Corn Chex *GF* | Rice Chex *GF* | Vanilla Chex *GF* | Wheat Chex★ | Wheaties★ | Total Whole Grain★ | Berry Berry Kix★ | Honey Kix★ | Kix★

Kellogg's

All Bran Complete Wheat Flakes★ | Corn Flakes | Crispix | Rice Krispies | **Special K:** Original | Banana | **Special K Protein:** Original | Honey Almond Multi-Grain★ | Ancient Grains★ | **Frosted Mini-Wheats:** Original★ | Little Bites★ | Filled Mixed Berry★ | Blueberry★ | Strawberry★ | Pumpkin Spice★

Post

Great Grains: Banana Nut Crunch★ | Crunchy Pecan★ | Grape-Nuts★ | Grape-Nuts Flakes★ | **Honey Bunches of Oats:** Honey Roasted | with Almonds | with Vanilla Bunches★ | Whole Grain Honey Crunch★ | Pecan & Maple Brown Sugar

Quaker

Instant Grits Original | Instant Oatmeal Original★ | **Oatmeal Squares:** Brown Sugar★ | Cinnamon★ | Golden Maple★ | Honey Nut★ | **Life:** Original★ | Vanilla★ | Strawberry★ | 3 Minutos★

Malt O Meal

Hot Wheat Original | Farina Original

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, 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 Wheat or Rice

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 Florida Child Care Food Program.

*Please note, portion sizes listed on the nutrition label may vary. All cereals on this list meet the 6 grams sugar per dry ounce limit.