

## Breakfast Cereal

**11 to 36 oz box or bag. Allowed items are only those listed.**  
No other sizes, flavors, or varieties are allowed.

Cereals with ★ contain 51% or more whole grain.

GF = Gluten Free

### General Mills



- Cheerios ★GF
- Cheerios+ Ancient Grains ★
- MultiGrain Cheerios ★GF
- Corn Chex GF
- Rice Chex GF
- Wheat Chex ★
- Wheaties ★
- Total Whole Grain ★
- Dora the Explorer
- Berry Berry Kix ★
- Honey Kix ★
- Kix ★

### Kellogg's



- All Bran Complete Wheat Flakes ★
- Corn Flakes
- Rice Krispies
- Frosted Mini-Wheats: Original ★
- Mini-Wheats Little Bites ★
- Mini-Wheats Unfrosted ★

### Malt-o-Meal



- Corn Flakes
- Crispy Rice GF
- Scooters ★

### Post



- Alpha-Bits ★
- Bran Flakes ★
- Grape-Nuts ★
- Grape-Nuts Flakes ★
- Honey Nut Shredded Wheat ★
- Honey Bunches of Oats Whole Grain: Honey Crunch ★
- Vanilla Bunches ★



- Malt-o-Meal Original Hot Wheat



- Farina Mills Original Hot Wheat Farina



- Frosted Mini Spooners ★



- Strawberry Cream Mini Spooners ★



- Blueberry Mini Spooners ★

### Quaker



- Instant Grits Original
- Instant Oatmeal Original ★
- Life Original ★
- Oatmeal Squares: Brown Sugar ★
- Cinnamon ★

### Any Store Brand or Ralston Foods Brand of the following:

- Bran Flakes ★
- Corn Crisps or Bites
- Corn Flakes
- Crisp or Crispy Rice
- Crunchy Nuggets ★
- Crunchy Oat Squares ★
- Crunchy Wheat ★
- Crunchy Wheat & Barley ★
- Frosted Shredded Wheat ★
- Frosted Strawberry Shredded Wheat ★
- Frosted Strawberry Cream Shredded Wheat ★
- Frosted Wheat ★
- Happy O's ★
- Instant Grits Original
- Instant Oatmeal Original or Regular ★
- Krunch Nutties ★
- Live Life 100% Oat Cereal ★
- Lively Oats/Live It Up! ★
- MultiGrain Flakes
- MultiGrain Medley ★
- MultiGrain Tasteeos ★
- MultiGrain Toasted Cereal ★
- Nutty Nuggets ★
- Oat Cereal (square-shaped) ★
- Oat Squares/Oat Wise ★
- Original Oat Crunch ★
- Rice Crisps or Toasted Rice (no flakes)
- Rice or Corn Biscuits/Squares
- Square-Shaped Rice or Corn
- Square-Shaped Wheat ★
- Tasteeos ★
- Toasted Corn
- Toasted Multi-Grain Spins ★
- Toasted Whole-Grain Oat Spins ★
- Toasted Oats or Crispy Oats ★
- Toasted Rollin' Oats ★
- Toasted Wheat ★
- Wheat Biscuits/Squares/Crisps ★
- Wheat & Crunchy ★
- Wheat Flakes

### B & G Foods



- Cream of Rice (Crema de Arroz) GF
- Cream of Rice Instant GF
- Cream of Wheat Whole Grain ★
- Cream of Wheat Instant Whole Grain ★

**Keep track of the cereal balance left on your WIC EBT card.** Plan your cereal purchase so you are able to use all of the ounces (oz) for the month. If you buy 12, 18, 24, and 36 oz sizes of cereals, you will be more likely to use all of your cereal ounces.