

Florida WIC Approved Cereal List for the Child Care Food Program 2025-2026

GF = Gluten Free

All cereals on this list meet CCFP sugar limits and are creditable to serve.

July 2025

Whole Grain/Whole Grain-Rich Cereals



Cheerios GF



Cheerios Multi-Grain GF



Cheerios Veggie Blend Apple Strawberry GF



Cheerios Veggie Blend Blueberry Banana GF



Cheerios Hearty Nut Medley Maple Cinnamon



Oatmeal Squares Brown Sugar



Oatmeal Squares Honey Nut



Total



Chex Blueberry GF



Chex Cinnamon GF



Chex Corn GF



Chex Rice GF



Chex Wheat



Chex Strawberry Vanilla GF



Wheaties



Wheaties Protein Maple Almond



Wheaties Protein Honey Pecan



Kix



Complete Bran



Special K Protein Original Multi Grain



Special K Cinnamon Pecan



Grape Nuts Flakes



Grape Nuts



Life Original



Mighty Life Strawberry Blueberry Bliss



Mighty Life Vanilla



Frosted Mini-Wheats



Frosted Mini-Wheats Cocoa



Little Bites Original



Little Bites Chocolate



Frosted Mini-Wheats Blueberry



Frosted Mini-Wheats Strawberry



Frosted Mini-Wheats Pumpkin Pie Spice



Frosted Mini-Wheats Golden Honey



Frosted Mini-Wheats Cinnamon Roll



Great Grains Crunchy Pecan



Great Grains Cranberry Almond Crunch



Great Grains Red Berry Almond Crunch



Great Grains Raisins Dates Pecans



Great Grains Banana Nut



Raisin Bran Kellogg's



Bran Flakes



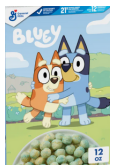
Raisin Bran Post



Frosted Mini-Spooners



Raisin Bran



Bluey Cereal



Instant Rolled Oats GF



Instant Oatmeal Original



Cream of Wheat Whole Grain

Enriched Cereals



Rice Krispies



Special K Original



Crispix



Honey Bunches of Oats Maple Pecan



Honey Bunches of Oats Cinnamon Bunches



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats Vanilla



Honey Bunches of Oats with Almonds



Honey Bunches of Oats with Strawberries



Corn Flakes



Crispy Rice GF



Hot Wheat Original



Instant Grits Original



Farina Original



Iron Fortified Quick Grits



Cream of Rice Instant GF



Cream of Rice 2 1/2 minute



Cream of Wheat Original 2 1/2 minute



Cream of Wheat Original 1 minute



Cream of Wheat Original Instant

Any store brand or Ralston Foods brand

WHOLE GRAIN/WHOLE GRAIN-RICH CEREALS

Bran Flakes
Wheat Flakes
Multigrain Flakes
Frosted Shredded Wheat/Frosted Wheat
Instant Oatmeal - Original/Regular
MultiGrain Medley, Tasteos, Spins or Toasted Cereal
Nutty Nuggets/Crunchy Nuggets/Crunchy Wheat
Oat Crunch/Oat Wise/Oat Squares/Lively Oats
Toasted Oats/Tasteos/Toasted Oat Spins/Happy O's
Wheat Squares, Biscuits, or Crisps

ENRICHED CEREALS

Corn Flakes
Corn Squares, Biscuits, Crisps, or Bites
Crisp Rice/Crispy Rice
Crispy Hexagons (Corn & Rice)
Essentially You/Toasted Rice
Instant Grits - Original/Regular
Oats & More with Almonds/Almonds & Oats
Oats & More with Honey/Honey & Oats
Rice Squares, Biscuits, Crisps, or Pockets