

Tortillas Whole Grain Item

16 oz package (1 lb)

• WIC-allowed brands pictured below



Bread Whole Grain Item

16 oz package (1 lb)

100% whole wheat

• WIC-allowed brands pictured below



2018-2020

Cereals

12 oz package or larger size

- WIC-allowed brands only

- FA** High in folic acid
- W** Whole grain
- 5+** Whole grain with 5+ grams of fiber
- GF** Gluten free

Cold Cereal



Cheerios
GF W



Multi Grain Cheerios
GF W



Kix Honey
W



Kix
W



Kix Berry Berry
W



Total Whole Grain
FA W



Wheaties
W



Wheat Chex
FA 5+



Corn Chex
GF



Rice Chex
GF



Grape-Nuts
5+



Honey Bunches of Oats Whole Grain Honey Crunch
W



Honey Bunches of Oats Vanilla Bunches
W



Honey Bunches of Oats With Almonds



Honey Bunches of Oats Cinnamon Bunches



Honey Bunches of Oats Honey Roasted



Great Grains Banana Nut Crunch
5+



Frosted Mini Wheats Original
5+



Frosted Mini Wheats Little Bites
5+



Corn Flakes



Crispix



Rice Krispies



Special K
FA



Oatmeal Squares Brown Sugar
FA 5+



Oatmeal Squares Cinnamon
FA 5+



Life
FA W



Mini Spooners Plain Frosted
FA 5+



Mini Spooners Strawberry Cream
FA 5+



Mini Spooners Blueberry
FA 5+



Crispy Rice Malt-O-Meal Only
FA

Hot Cereal



COCO Wheats
28 oz
FA



Quaker Oatmeal
11.8 oz Individual Packets Original Flavor
W



Quaker Instant Grits
12 oz Individual Packets Original Flavor



Malt-O-Meal
28 or 36 oz Original
FA



Malt-O-Meal
28 or 36 oz Chocolate
FA



Cream of Wheat
18 oz Whole Grain
W



Cream of Wheat
28 oz Original



Cream of Rice
14 oz
GF

Store Brand Cereal



Instant Oatmeal
11.8 oz Individual Packets Regular Flavor
W



Bran Flakes
5+



Toasted Oats or Tosteos
W

WIC-Allowed Store Brand:

Bran Flakes, Toasted Oats, Tosteos & Instant Oatmeal include:

- | | |
|--------------------|---------------|
| Always Save | HyTop |
| Best Choice | Hy-Vee |
| Clear Value | IGA |
| Essential Everyday | Market Pantry |
| Fareway | Our Family |
| Food Club | Ralston |
| Great Value | Shurfine |
| Hospitality | Valu Time |

2018-2020



Women, Infants & Children Nutrition Program