












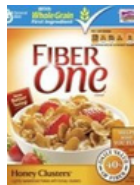










































# Approved Cereal List

The cereals listed below meet the Child and Adult Care Food Program (CACFP) meal pattern requirements. Cereals must contain no more than 6 grams of sugar per dry ounce. Please contact your monitor or Child Care Partnership with questions.

## Whole Grain-Rich

									
General Mills Cheerios Original	General Mills Cheerios Multi-Grain	General Mills Chex Peanut Butter	General Mills Chex Blueberry	General Mills Chex Cinnamon	General Mills Chex Corn	General Mills Chex Rice	General Mills Chex Wheat	General Mills Kix Original	General Mills Kix Berry Berry
									
General Mills Kix Honey	Millville (Aldi) Frosted Shredded Wheat- Original	General Mills Fiber One Original	General Mills Fiber One Honey Clusters	General Mills Total Whole Grain	General Mills Wheaties Original	Kellogg's Frosted Mini Wheats- Original	Kellogg's Frosted Mini Wheats- Blueberry	Kellogg's Frosted Mini Wheats- Strawberry	Kellogg's Frosted Mini Wheats- Little Bites Original
									
Kellogg's Frosted Mini Wheats- Cinnamon Roll	Kellogg's Frosted Mini Wheats- Little Bites Chocolate	Kellogg's All Bran Flakes	Kellogg's Special K Protein Original	Kashi Whole Wheat Biscuits Autumn Wheat	Kashi Whole Wheat Biscuits Island Vanilla	Kashi Whole Wheat Biscuits Cinnamon Harvest	Kashi Whole Wheat Biscuits Berry Fruitful	Kashi Whole Wheat Biscuits Simply Raisin	Kashi Blueberry Clusters
									
Kashi Strawberry Fields	Post Grape- Nuts Original	Post Grape- Nuts Flakes	Post Great Grains Banana Nut	Post Great Grains Cranberry Almond	Post Great Grains Crunchy Pecan	Post Bran Flakes Original	Post Shredded Wheat Original	Post Shredded Wheat Wheat 'N Bran	Quaker Life Original
									
Quaker Life Chocolate	Quaker Life Vanilla	Quaker Oatmeal Squares Brown Sugar	Quaker Oatmeal Squares Cinnamon	Quaker Oatmeal Squares Honey Nut	Malt-O-Meal Mini Spooners Strawberry Cream	Malt-O-Meal Mini Spooners Original	Hot Cereal Cream of Wheat Whole Grain- Original	Hot Cereal Quaker Old Fashioned Grits	Hot Cereal Quaker Oatmeal- Original

## Granola

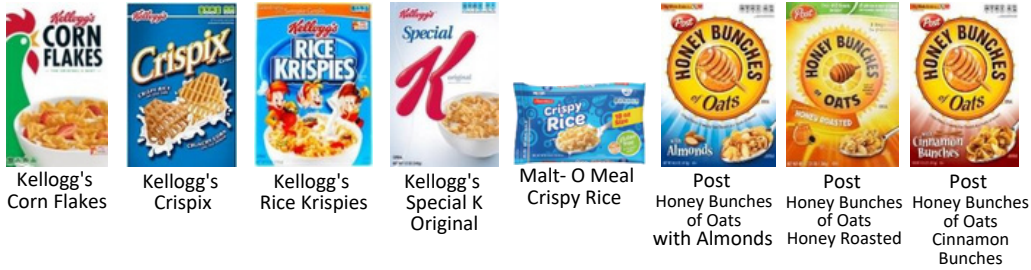
	Bear Naked All granola flavors creditable except Cacao & Cashew Butter		Kind All granola flavors creditable		Nature's Path All flavors creditable except Honey Almond		Quaker Simply Granola- Oats, Honey & Almonds; Protein Granola- Oats, Chocolate & Almonds	
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Note: Products change frequently. Check labels to confirm that a cereal is creditable.

July 2023

## Within Sugar Limit but NOT Whole Grain-Rich

### Cereals



Kellogg's Corn Flakes   Kellogg's Crispix   Kellogg's Rice Krispies   Kellogg's Special K Original   Malt-O-Meal Crispy Rice   Post Honey Bunches of Oats with Almonds   Post Honey Bunches of Oats Honey Roasted   Post Honey Bunches of Oats Cinnamon Bunches

### Hot Cereals



Kellogg's All Bran Original   Great Value Crunchy Honey Oats   COCO Wheats   Cream of Rice Gluten Free   Cream of Wheat Original   Malt-O-Meal Original   Malt-O-Meal Chocolate   Quaker Instant Grits

## Whole Grain-Rich Store Brands

Bran Flakes   Toasted Oats or Tasteeos   Oatmeal (plain)

### Approved Store Brands:

Always Save, Best Choice, Essential Everyday, Food Club, Great Value, Hy-Vee, IGA, Kiggins, Kroger, Market Pantry, Meijer, Our Family, Shopper's Value, That's Smart

Additional cereals may be creditable! Use this table to determine if a cereal is less than 6 grams of sugar per dry ounce.

1. Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
2. Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
3. Using the serving size identified in Step 1 to find the serving size of the cereal in the table below.  
(Once you have identified the serving size, look at the number to the right under the "Sugars" column.)

**If the cereal has that amount of sugar, or less, your cereal meets the sugar requirement.**

### Sugar Limits in Cereal

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	16 grams
78-82 grams	17 grams
83-87 grams	18 grams
88-91 grams	19 grams
92-96 grams	20 grams
97-100 grams	21 grams

### Example Cereal

Nutrition Facts		
Serving Size 1 ¼ cup (33g)		
Servings Per Container about 10		
Amount Per Serving	Berry Berry Kit	with ¼ cup skim milk
<b>Calories</b>	120	160
Calories from Fat	15	15
	% Daily Value**	
<b>Total Fat</b> 1.5g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 170mg	<b>7%</b>	<b>10%</b>
<b>Potassium</b> 70mg	<b>2%</b>	<b>8%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>	<b>7%</b>
Sugars 7g		
Other Carbohydrate 19g		
<b>Protein</b> 2g		

1. Determine Serving Size in grams \_\_\_\_\_
  2. Find the Sugars in grams \_\_\_\_\_
- Does this cereal meet the sugar requirement? \_\_\_\_\_

(Answer: Yes, the maximum sugar allowed for 33 grams of cereal is 7 grams. This cereal is 7 grams so it is creditable.)