

CACFP Cereal Shopping Guide

▲ = Whole Grain Rich

General Mills



Cheerios Plain▲
Multi-Grain▲



Chex Corn▲ Rice▲ Wheat▲
Blueberry▲ Cinnamon▲ Vanilla▲



Kix Plain▲ Honey▲
Berry Berry▲



Dora the Explorer▲



Total▲



Wheaties▲

Kellogg's



Rice Krispies
Plain



Corn Flakes



Mini-Wheats/Bites Frosted▲
Original▲ Choc.▲ Touch of Fruit▲



Mini-Wheats Harvest Delights
Blueberry▲ Cranberry▲



Crispix



Special K
Plain



All-Bran
Wheat Flakes▲

Quaker



Life Vanilla▲
Original▲
Blueberry▲



Corn Bran Crunch



Oatmeal Squares Cinnamon▲ Maple▲
Brown Sugar▲ Honey Nut▲

Post



Honey Bunches of Oats Honey Roasted
Almond Cinnamon Bunches Pecan/Maple Sugar
WG Almond Crunch▲ WG Honey Crunch▲

Granola



Bear Naked – Vanilla▲
Cinnamon▲ Coconut▲
Kind Granola – all ▲
Quaker Simply Granola –
Almond▲ Vanilla▲
Kirkland – Ancient▲
Sunbelt Simple Granola

Post



Alpha Bits▲



Shredded Wheat Original▲ Honey
Nut▲ Big Biscuit▲ Wheat n' Bran▲



Bran Flakes▲



Great Grains
•Banana Nut▲



Grape Nuts
•Nuggets▲ •Flakes▲

Hot Cereals

Malt-O-Meal Original
Cream of Wheat
Cream of Wheat Whole Grain▲
Quaker Oatmeal▲
Quaker Instant Oatmeal Original▲
Regular & Instant Grits
Hominy Grits▲
CoCo Wheats

Malt-O-Meal



Crispy Rice **Corn Flakes** **Oat Blenders**
Mini-Spooners (Strawberry Cream, Blueberry, Frosted)▲

Kashi



Kashi Cinnamon▲
WG Puffs▲ Honey▲

Cascadian Farms



Cascadian Farms Ancient Grains▲ Chocolate▲
Honey Oat Honey Almond Hearty Morning▲
Multi-Grain Squares Purely O's▲

Barbara's



Puffins Original
Multi-Grain PB
PB/Chocolate

This list was correct as of May 2020. Check labels to assure a product has not changed. Other cereals may count. Many store brands may be acceptable. To determine a non-pictured cereal's acceptance for CACFP use, refer to the chart on the right.

To qualify as a whole grain-rich cereal, the first ingredient must be a whole grain and the cereal must be vitamin fortified.

Cereal Sugar Limits

If serving size is:	Sugars cannot be more than:
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