

CACFP Creditable Foods for the Whole Grain Requirement

Complements of Little Sprouts Learning

<https://littlesproutslearning.co/>

For menu planning, breakfast, lunch, and snack ideas, check out our website.

Whole Grain Cereals

Best Choice

Bran Flakes

Frosted Shredded Wheat

Happy Os

Nutty Nuggets

Wheat Crisps

General Mills

Berry Berry Kix

Kix

Honey Kix

Multigrain Cheerios

Cheerios

Corn Chex

Wheat Chex

Rice Chex

Fiber One

Total

Wheaties

Great Value

Bran Flakes

Crunchy Nuggets

Crunchy Oat Squares

Shredded Wheat

Toasted Corn

Toasted Wheat

Toasted Whole Grain Oats

Heart to Heart

Honey Toasted Oat

Warm Cinnamon Oat

Kashi

7 Whole Grain Flakes

7 Whole Grain Honey Puffs

7 Whole Grain Nuggets

7 Whole Grain Puffs

Kellogg's

All Bran

Frosted Mini Wheats

Mini Wheats

Malt O Meal

Bran Flakes

Shredded Wheats

Rollin Oats

Blueberry Mini Spooners

Frosted Mini Spooners

Strawberries and Cream Mini Spooners

Post

Alpha Bits

Bran Flakes

Grape Nuts

Grape Nuts Flakes

Great Grains

Shredded Wheat

Quaker

Life

Oatmeal Squares Brown Sugar

Oatmeal Squares Cinnamon

Wheaties

Oatmeal

Grits

Malt O Meal

Cream of Wheat

Cream of Rice

Farina

Whole Grain Crackers

Savoritz Original Thin Wheat

Savoritz Original Woven Wheat

Triscuits

Wheat Thins

Whole Grain Goldfish

Scooby-Doo! Graham Cracker Sticks

Whole Grain Breads

Best Choice 100% Whole Wheat

Bimbo 100% Whole Wheat

Great Value 100% Whole Wheat

Mrs. Baird's 100% Whole Wheat

Nature's Own 100% Whole Wheat

Ozark Hearth 100% Whole Wheat

Roman Meal/Sungrain 100% Whole Wheat

Wonder 100% Whole Wheat

Sara Lee Soft and Smooth 100% Whole Grain

100% Whole Wheat Hamburger and Hot Dog Buns

Country Oven

Franz

Fred Meyer

Nature's Own

Orowheat

Pepperidge Farm

Whole Grain Pasta
Allegra Whole Wheat
Barilla Whole Wheat
Gia Russa Whole Wheat
Hogsdon Mill Whole Wheat
Racconto Whole Wheat
Ronzoni Healthy Harvest Whole Wheat
Whole Grain Tortillas
Best Choice 100% Whole Wheat
Don Pancho Whole Wheat
Guerrero Whole Wheat
La Bandarita Whole Wheat
Mama Lupes 100% Whole Wheat
Mission Whole Wheat
Native Tortilla 100% Whole Wheat
Ortega Whole Wheat
Santa Fe Tortilla Company Whole Wheat
Tia Rosa 100% Whole Wheat
Tio Santi 100% Whole Wheat
Whole Grain Bagels
Thomas Hearty Grains 100% Whole Wheat
Pepperidge Farm 100% Whole Wheat
Crafters WG Bagels
Whole Grain English Muffins
Healthy Life 100% Whole Wheat
Signature Kitchens 100% Whole Wheat
Aunt Millie's 100% Whole Wheat

Orowheat 100% Whole Wheat

365 Everyday Value Wheat

Bake Crafters WG

Thomas Heart Muffins 100% Whole Wheat

Nature's Grains 51% Whole Grain

Orowheat Whole Grain and Flax

Udi's Gluten Free Whole Grain

365 Whole Wheat

Other foods that count as whole grains

Rice Cakes that are made with Brown Rice

Corn Tortillas

Brown Rice

Bulgar

Boboli 100% Whole Wheat Pizza Crust

Sun Puffs

Original Sunchips

Whole Grain Mixes

Kodiak Cakes Protein Packed Muffin Mix

Aunt Jemima Whole Wheat Blend Pancake and Waffle Mix

Meijer Whole Wheat Pancake and Waffle Mix

Bob's Red Mill Organic 7 Grain Pancake and Waffle Mix

Bob's Red Mill 10 Grain Pancake Mix

King Arthur Flour Apple Cinnamon Muffin Mix