











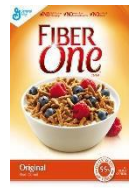


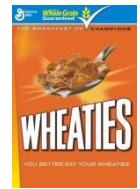












































# Approved Cereal List

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 SENDCAA with questions.

## Whole Grain-Rich

									
General Mills Cheerios Original	General Mills Cheerios Multi-Grain	General Mills Cheerios Ancient Grains	General Mills Chex Blueberry	General Mills Chex Cinnamon	General Mills Chex Corn	General Mills Chex Rice	General Mills Chex Vanilla	General Mills Chex Wheat	General Mills Kix Original
									
General Mills Kix Honey Clusters	General Mills Kix Berry Berry	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 Maple Brown Sugar	Kellogg's Frosted Mini Wheats Strawberry
									
Kellogg's Frosted Mini Wheats Little Bites Original	Kellogg's Frosted Mini Wheats Little Bites Chocolate	Kellogg's Frosted Mini Wheats Touch of Fruit Raspberry	Kellogg's All-Bran Original	Kellogg's Special K Protein Original	Kellogg's Special K Apple Raspberry Almond	Kellogg's Special K Coconut Cranberry Almond	Millville (Aldi) Crispy Oats Original	Millville (Aldi) Crispy Oats Multigrain	Millville (Aldi) Frosted Shredded Wheat Original
									
Malt-O-Meal Original Scooters Mini Spooners	Malt-O-Meal Original Scooters Mini Spooners	Post Bran Flakes Original	Post Grape-Nuts Original	Post Grape-Nuts Flakes	Post Great Grains Banana Nut	Post Great Grains Cranberry Almond	Post Great Grains Crunchy Pecan of Oats	Post Honey Bunches of Oats Whole Grain of Oats Almond Crunch	Post Honey Bunches of Oats Whole Grain of Oats Honey Crunch
									
Post Honey Bunches of Oats Vanilla Bunches	Quaker Life Strawberry	Quaker Life Original	Quaker Life Vanilla	Quaker Oatmeal Squares Brown Sugar	Quaker Oatmeal Squares Cinnamon	Quaker Oatmeal Squares Golden Maple	Quaker Oatmeal Squares Honey Nut	Cream of Wheat Instant Whole Grain	Quaker Oatmeal

## Cereals Within Sugar Limit but NOT Whole Grain-Rich

							
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



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Note: Products change frequently. Check labels to confirm that a cereal is creditable.

## Within Sugar Limit but NOT Whole Grain-Rich

### Hot Cereals (Not Whole Grain-Rich)

### Granola (Not Whole Grain-Rich)



Coco Wheats    Cream of Rice Gluten Free    Cream of Wheat Original    Malt-O-Meal Original    Malt-O-Meal Chocolate    Quaker Instant Grits



Sunbelt Simple Granola

### Granola (Whole Grain-Rich)



Quaker Granola Oats, Honey & Almonds



Bear Naked All flavors except chocolate and fruit & nut



Kind All flavors

### Store Brands (Whole Grain-Rich)



**Approved Store Brands:** Always Save, Best Choice, Clear Value, Essential Everyday, Fareway, Food Club, Great Value, Hospitality, HyTop, Hy-Vee, IGA, Market Pantry, Our Family, Ralston, Shurfine, Valu Time

### How to Identify if a Cereal is Within the Sugar Limit:

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 1/4 cup (33g)		
Servings Per Container about 10		
Amount Per Serving	Berry Kix	with 1/2 cup skim milk
<b>Calories</b>	120	160
Calories from Fat	15	15
<b>% Daily Value**</b>		
<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>
<b>Sugars</b> 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.)

This table and information to identify creditable cereals has been adapted from USDA FNS-653, April 2017.