

# Florida WIC Approved Cereal List for the Child Care Food Program 2024-2025

GF = Gluten Free

All cereals on this list meet CCFP sugar limits and are creditable to serve.

June 2024

## Whole Grain/Whole Grain-Rich Cereals

## Enriched Cereals

### Cold Cereals

### Cold Cereals



Cheerios GF



Cheerios Oat Crunch Berry



Cheerios Veggie Blend Apple Strawberry GF



Cheerios Veggie Blend Blueberry Banana GF



Cheerios Multi-Grain GF



Oatmeal Squares Brown Sugar



Oatmeal Squares Cinnamon



Oatmeal Squares Honey Nut



Rice Krispies



Special K Original



Crispix



Chex Blueberry GF



Chex Cinnamon GF



Chex Corn GF



Chex Rice GF



Chex Wheat



Total



Wheaties



Complete Bran



Great Grains Banana Nut



Honey Bunches of Oats Maple Pecan



Honey Bunches of Oats Cinnamon Bunches



Honey Bunches of Oats Honey Roasted



Kix Berry Berry



Kix Honey



Kix



Special K Protein Original Multi Grain



Life Vanilla



Life Original



Grape Nuts Flakes



Grape Nuts



Great Grains Crunchy Pecan



Corn Flakes



Honey Frosted Corn Flakes



Honey Bunches of Oats with Almonds



Frosted Mini-Wheats



Little Bites Original



Little Bites Chocolate



Frosted Mini-Wheats Blueberry



Frosted Mini-Wheats Strawberry



Frosted Mini-Wheats Pumpkin Pie Spice



Frosted Mini-Wheats Golden Honey



Frosted Mini-Wheats Cinnamon Roll



Crispy Rice GF



Honey Bunches of Oats Vanilla



Strawberry Cream Mini Spooners



Frosted Mini Spooners

### Hot Cereals



Instant Rolled Oats GF



Instant Oatmeal Original



Cream of Wheat Whole Grain 2 1/2 minute



Hot Wheat Original



Instant Grits Original



Farina Original



Iron Fortified Quick Grits



Cream of Rice Instant GF



Cream of Rice 2 1/2 minute



Cream of Wheat Original 2 1/2 minute



Cream of Wheat Original 1 minute



Cream of Wheat Original Instant

## Any store brand or Ralston Foods brand

### WHOLE GRAIN/WHOLE GRAIN-RICH CEREALS

- Bran Flakes
- Frosted Shredded Wheat/Frosted Wheat
- Instant Oatmeal - Original/Regular Multigrain Flakes
- MultiGrain Medley, Tasteos, Spins or Toasted Cereal
- Nutty Nuggets/Crunchy Nuggets/Crunchy Wheat
- Oat Crunch/Oat Wise/Oat Squares/Lively Oats
- Strawberry Frosted Shredded Wheat
- Toasted Oats/Tasteos/Toasted Oat Spins/Happy O's
- Wheat Flakes
- Wheat Squares, Biscuits, or Crisps

### ENRICHED CEREALS

- Corn Flakes
- Corn Squares, Biscuits, Crisps, or Bites
- Crisp Rice/Crispy Rice
- Crispy Hexagons (Corn & Rice)
- Essentially You/Toasted Rice
- Instant Grits - Original/Regular
- Oats & More with Almonds/Almonds & Oats
- Oats & More with Honey/Honey & Oats
- Rice Squares, Biscuits, Crisps, or Pockets