
































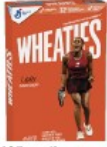













Oregon WIC Cereals (WIC List updated Jul 1, 2025)

Breakfast Cereals on this list will meet the CACFP sugar limit threshold of 6 grams **added** sugar per dry ounce (28.35 grams).






Kellogg's			General Mills			Post		
	W			W			W	
Kashi Blueberry Clusters			Cheerios (plain)			Grape Nuts		
				W			W	
Corn Flakes (original)			Cheerios Multi Grain			Grape Nuts Flakes		
	W			W			W	
Frosted Mini Wheats Blueberry Muffins			Cheerios Veggie Blends Apple Strawberry			Great Grains Banana Nut Crunch		
	W			W			W	
Frosted Mini Wheats Cinnamon Roll			Cheerios Veggie Blends Blueberry Banana			Great Grains Crunchy Pecan		
	W			W				
Frosted Mini Wheats Golden Honey			Blueberry Chex			Honey Bunches of Oats Almond		
	W			W				
Frosted Mini Wheats Little Bites			Cinnamon Chex			Honey Bunches of Oats Cinnamon Bunches		
	W			W				
Frosted Mini Wheats Original			Corn Chex			Honey Bunches of Oats Honey Roasted		
	W			W				
Frosted Mini Wheats Pumpkin Pie Spice			Rice Chex			Honey Bunches of Oats Maple & Pecans		
	W			W				
Frosted Mini Wheats Strawberry			Wheat Chex			Honey Bunches of Oats Vanilla		
				W		Malt-O-Meal (box or bag)		
Rice Krispies			Kix (original)					
				W			W	
Special K			Fiber One Honey Clusters			Frosted Mini Spooners (original)		
				W				
			Total Whole Grain					
				W				
			Wheaties (original)					




Key for symbols available on back page.


Breakfast Cereals on this list will meet the CACFP sugar limit threshold of 6 grams **added** sugar per dry ounce (28.35 grams).

Quaker		
		
Life (original)		
		
Oatmeal Squares Brown Sugar		
		
Oatmeal Squares Honey Nut		

The Silver Palate		
		
Grain Berry Apple Cinnamon		
		
Grain Berry Multi-Bran Flakes		

		
Grain Berry Cinnamon Frosted Shredded Wheat		
		
Grain Berry Original Toasted Oats		

Bran Flakes - private label		
		
Best Yet Food Club Great Value IGA Signature Select WinCo Foods		

Hot Cereal	
	
Cream of Wheat Whole Grain 2 1/2 Minute No Instant	
	
Cream of Wheat Plain 1 Minute or 2 1/2 Minute No Instant	
	
Cream of Rice Plain No Instant	
	
Malt-O-Meal Original	
	
Quaker Instant Oatmeal (Single serving packets)	
	
Quaker Instant Grits Original (Single serving packets)	

	
Plain Instant Oatmeal (Single serving packets)	
	
	Best Yet Essential Everyday Food Club Great Value IGA Kroger Signature Select WinCo Foods

Key



Whole grain-rich (WGR) product



Flakes and Rounds,
1 oz. eq. = 1 cup



Puffed Cereals,
1 oz. eq. = 1 1/4 cup



Granola,
1 oz. eq. = 1/4 cup



Cooked Cereal,
1 oz. eq. = 1/2 cup

This list is not inclusive of all cereals that may meet sugar limit requirements.

For more resources on the CACFP Meal Pattern, check out the [ODE CNP CACFP Meal Pattern and Menu Planning Page](#)