

# Oregon WIC Whole Grain Foods (Updated Feb 1, 2021)

All items on this list can be credited as whole grain-rich grain items in the CACFP meal pattern.

## 100% whole wheat bread



- Loaf of bread, any brand
- Must say “100% whole wheat” on the label

## Whole wheat pasta



- Any shape of whole grain or whole wheat pasta
- Choose from **these brands** only:

Barilla  
Essential Everyday  
Food Club  
Great Value  
Kroger  
Ronzoni  
Signature Select  
WinCo Foods



## Brown rice



- Any brand
- Instant, “minute”, or boil in bag rice are OK
- Brown jasmine and brown basmati rice are OK



## Oats



- Any brand
- Quick, rolled, and old-fashioned oats are OK
- Gluten-free oats are OK



## Corn tortillas

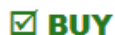


- Soft white or yellow corn tortillas only
- Choose from **these brands** only:

Calidad	Herdez	Mission
Casa Rosa	IGA	Reser's Baja Café
Don Pancho	Kroger	Signature Select
Essential Everyday	La Banderita	Tortilla Land
Food Club	La Burrita	
Guerrero	Las 4 Hermanas	



## Whole wheat tortillas



- 100% whole wheat tortillas only
- Choose from **these brands** only:

Don Pancho	Kroger	Mission
Essential Everyday	La Banderita	Ortega
Guerrero	Market Pantry	Signature Select
IGA		



## Bulgur



























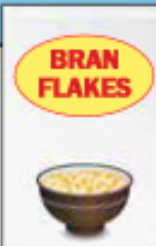







- Any brand



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# Oregon WIC Cereals (Updated Feb 1, 2021)

All breakfast cereals on this list meet the CACFP sugar limit of 6 grams per dry ounce. Cereals with **W** are considered whole grain-rich (WGR). Items not on this list may still credit as WGR. Refer to the [Grains Flowchart](#) for more information.

Kellogg's			General Mills			Post		
	<b>F</b> <b>W</b>	All-Bran Complete Wheat Flakes		<b>G</b>	Rice Chex		<b>W</b>	Grape Nuts
		Corn Flakes (original)		<b>G</b>	Corn Chex		<b>W</b>	Great Grains Banana Nut Crunch
	<b>F</b>	Special K (original)		<b>G</b>	Blueberry Chex		<b>W</b>	Great Grains Crunchy Pecan
	<b>W</b>	Frosted Mini Wheats (original)		<b>G</b>	Cinnamon Chex		<b>F</b>	Honey Bunches of Oats Honey Roasted
	<b>F</b> <b>W</b>	Strawberry Frosted Mini Wheats		<b>G</b> <b>W</b>	Cheerios (plain)		<b>F</b> <b>W</b>	Honey Bunches of Oats Vanilla Bunches
		Rice Krispies (original)		<b>F</b> <b>G</b> <b>W</b>	Multi Grain Cheerios (original)		<b>F</b>	Honey Bunches of Oats Almond
Malt-O-Meal (box or bag)				<b>W</b>	Kix (original)		<b>F</b>	Honey Bunches of Oats Pecan & Maple Brown Sugar
	<b>W</b>	Frosted Mini Spooners (original)		<b>W</b>	Berry Berry Kix			
				<b>W</b>	Honey Kix			
Bran Flakes - store brand								Cream of Wheat Plain 1 Minute <b>No Instant</b>
		Best Yet, Food Club, Great Value, IGA, Signature Select		<b>F</b> <b>W</b>				Cream of Wheat Plain 2½ Minute <b>No Instant</b>
		Essential Everyday		<b>W</b>			<b>F</b>	Malt-O-Meal Original
								Quaker Instant Grits Original (Single serving packets)
				<b>W</b>	Cream of Wheat Whole Grain, 2½ Minute <b>No Instant</b>		<b>G</b>	Cream of Rice Plain <b>No Instant</b>
							<b>W</b>	Quaker Instant Oatmeal (Single serving packets)
							<b>W</b>	Plain Instant Oatmeal, single serving packets

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