



# Oregon WIC Whole Grains (Updated Jul 1, 2025)

**Grain Products:** All items on this list, regardless of brand, will meet the CACFP whole grain-rich (WGR) requirements.

## 100% Whole Wheat Bread Products

- Any brand
- Loaf of bread, buns, rolls, English muffin or bagel
- Must say "100% whole wheat" on the front label



## Bagged or Boxed Whole Grains

- Any brand
- Bagged or boxed is OK
- Must be a "whole grain"
- Instant "minute" and boil in bag rice are OK
- Organic is OK
- Choose from these whole grains:



Amaranth  
Black rice  
Brown rice

(brown jasmine and brown basmati rice are OK)

Buckwheat

Bulgur

Kamut

Millet

Quinoa

Red rice

Sorghum

Teff

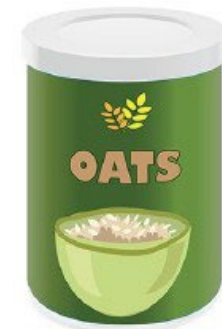
Wheat berries

Wild rice



## Oats

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



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



# Oregon WIC Whole Grains Cont'd (July 1, 2025)

**Grain Products:** All specific brand products on this list will meet the CACFP whole grain-rich (WGR) requirements. This list is not all inclusive and additional products may also meet WGR requirements.

## Whole Wheat Pita and Naan

- Choose from these brands only:



Pita Flatbread Wheat



Puffed Up & Proud  
Whole Wheat Pita



Fresh Signature  
Whole Wheat Pita



Greek Style  
Whole Wheat Pita



Whole Wheat  
Greek Style Pita



Greek Pita Whole Wheat



Artisan Whole Wheat Naan



## Tortillas

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

Calidad  
Don Pancho  
Essential Everyday  
Guerrero  
IGA  
Kroger  
La Banderita  
La Burrita  
Mission  
Signature Select



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

DeCasa  
Essential Everyday  
Great Value  
Guerrero  
Kroger  
La Banderita

Market Pantry  
Mission  
Ortega  
Signature Select

## Pastas

- 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



## Corn Masa Flour

- Choose from these brands:



Corn Masa Flour,  
Instant



Antojitos Instant  
Corn Masa Flour  
Amarillo Instant  
Yellow Corn  
Masa Flour



Golden Corn  
Flour Masa  
Harina, Regular  
and Organic

## Corn Meal

- Choose from these brands:



Corrmeal Course Grind  
Corrmeal Medium Grind  
Corrmeal Medium Grind, Organic



Pre-cooked White Corn Meal  
Pre-cooked Whole Grain White  
Corn Meal



Yellow Corn Meal



Yellow Corn Meal



Yellow Corn Meal  
for Baking



## Oregon WIC Whole Grains Cont'd (July 1, 2025)

**Gluten-Free Products:** All specific brand products on this list will meet the CACFP whole grain-rich (WGR) requirements. This list is not all inclusive and additional products may also meet WGR requirements.



### Franz Gluten Free

- Great Seed Bread
- Mountain White Bread
- Seven Grain Bread
- Hawaiian Bread
- Hamburger Buns
- Hot Dog Buns



### Food for Life Gluten Free

- Brown Rice Bread
- Brown Rice English Muffins
- Brown Rice Tortillas
- Multi-Seed English Muffins



### Canyon Bakehouse Gluten Free 100% Whole Grain

- |                                    |                                    |
|------------------------------------|------------------------------------|
| • Ancient Grain                    | • Hawaiian Sweet Bread             |
| • Mountain White Bread             | • Plain Bagels                     |
| • 7-Grain Bread                    | • Everything Bagels                |
| • Country White Bread              | • Deli White Bagels                |
| • Heritage Style Whole Grain Bread | • Burger Buns                      |
| • Heritage Style Honey White Bread | • Sub Rolls                        |
| • Cinnamon Raisin Bread            | • Hone Whole Grain English Muffins |

Since the products listed on this page meet CACFP meal pattern requirements, CACFP meals and snacks served with these products for the grains component will not need a completed Medical Statement to be reimbursable. For more on meal accommodations, check out the [ODE CNP Meal Accommodations and Modifications Page](#).