* The **approved cereals** – below – are the only cereals that can be served.
* **No granola bars or cereal bars or squares or breakfast rounds or biscuits, etc are allowed as the grain component if the perception is that they are sweet.**

(For instance, anything cinnamon and sugar, or that has chocolate or caramel)

* The **yogurt low sugar** requirement – see handout

|  |  |  |
| --- | --- | --- |
| **APPROVED READY-TO-EAT CEREALS** | | |
| Cereal | % sugar | ½ oz eq |
| *Asterisks indicate Whole Grain (WG)* |  |  |
| Cheerios - Plain \* | 4 | ½ cup |
| Corn Chex \* | 10 | ¾ cup |
| Corn Flakes – Plain - Any Store Brand | 8 | ½ cup |
| Crispix | 10 | ¾ cup |
| Grape-Nuts Original \* | 9 | 1/8 cup |
| Kix - Plain \* | 10 | ¾ cup |
| Rice Chex \* | 8 | ¾ cup |
| Rice Krispies - Gluten Free only | 4 | ¾ cup |
|  |  |  |
| **APPROVED HOT CEREALS** | | |
|  |  |  |
| Cereal | % Sugar |  |
| Any store brand: Plain instant oatmeal (packets) \* | Approx. 2 | ¼ c cooked or 14 gr dry |
| Quaker Brand:  1-Minute Original (Plain) Oatmeal (in packets) \* | 2 | ¼ c cooked or 14 gr dry |
| Old Fashioned or 1-Minute (in canister) \*  Steel Cut Quick 3-Minute (in canister) \* | 2 | ¼ c cooked or 14 gr dry |
| Cream of Wheat – Original (2 ½ Minute Box) | 0 | ¼ c cooked or 14 gr dry |
| Malt O’Meal Brand:  Original or Creamy Hot Wheat (in boxes) | 0 | ¼ c cooked or 14 gr dry |