

Oregon WIC Whole Grain Foods (Updated Mar 1, 2018)

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

100% whole wheat bread

✓ BUY

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



Brown rice

✓ BUY

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



Bulgur

✓ BUY

- Any brand



Whole grain pasta

✓ BUY

- Choose from **these brands and products** only:

Barilla



- Whole Grain Angel Hair
- Whole Grain Elbows
- Whole Grain Linguine
- Whole Grain Medium Shells
- Whole Grain Penne
- Whole Grain Rotini
- Whole Grain Spaghetti
- Whole Grain Thin Spaghetti

Essential Everyday



- Whole Wheat Macaroni
- Whole Wheat Penne
- Whole Wheat Rotini
- Whole Wheat Spaghetti
- Whole Wheat Thin Spaghetti

Great Value



- Whole Wheat Elbow Macaroni
- Whole Wheat Linguine
- Whole Wheat Penne Rigate
- Whole Wheat Rotini
- Whole Wheat Thin Spaghetti
- Whole Wheat Vermicelli

Kroger



- Whole Grain Penne Rigate
- Whole Grain Rotini
- Whole Grain Spaghetti
- Whole Grain Thin Spaghetti

Market Pantry



- 100% Whole Grain Penne
- 100% Whole Grain Rotini
- 100% Whole Grain Spaghetti
- 100% Whole Grain Thin Spaghetti

Ronzoni



- 100% Whole Grain Linguini
- 100% Whole Grain Penne Rigate
- 100% Whole Grain Rotini
- 100% Whole Grain Spaghetti
- 100% Whole Grain Thin Spaghetti

Food Club/Western Family



- Whole Wheat Penne Rigate
- Whole Wheat Spaghetti

Oats

✓ BUY

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



Soft corn tortillas

✓ BUY

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



Archer Farms
Cabo Loco
Calidad
Canteca
Casa Rosa
Casa Valdez
Don Pancho
Essential Everyday
Food Club
Great Value
Guerrero

Herdez
Kroger
La Banderita
La Burrita
Las 4 Hermanas
Mission
Pepes
Reser's
Salsa Locas
Signature Kitchens
Tortilla Land

Whole wheat tortillas

✓ BUY

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



Don Pancho
Essential Everyday
Food Club
Guerrero
Herdez

Kroger
La Banderita
Market Pantry
Mission
Ortega

Oregon WIC Cereals (Updated Mar 1, 2018)

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).

| | | | | | | | | | |
|--|---|--|--|------------------------------------|----------------------------------|--|--|--|---|
| | | | Kellogg's | | | Malt-O-Meal (box or bag) | | | |
| Cream of Wheat Plain, 1 Minute No Instant | Cream of Wheat Plain, 2½ Minute No Instant | Cream of Wheat Plain, 10 Minute No Instant | | | | | | | |
| | | | All-Bran Complete Wheat Flakes F W | Corn Flakes (original) F | Special K (original) F | Frosted Mini Wheats (original) W | Rice Krispies (original) W | F W | F W |
| | | | | | | | | | |
| | | | | | | | | Crispy Rice G | |
| | | | General Mills | | | Post | | | |
| Cream of Wheat Whole Grain, 2½ Minute No Instant | Cream of Rice Plain No Instant | | | | | | | | |
| | | | G | G | W G | F W G | W | W | W |
| | | | Rice Chex | Corn Chex | Cheerios (plain) | Multi Grain Cheerios (original) | Grape Nuts | Honey Bunches of Oats Honey Roasted | Honey Bunches of Oats Vanilla Bunches |
| | | | | | | | | | |
| Quaker Instant Grits Original (Single serving packets) | Malt-O-Meal Original | | W | W | W | | W | W | W |
| | | | Kix (original) | Berry Berry Kix | Honey Kix | | Honey Bunches of Oats Almond | Honey Bunches of Oats Whole Grain Honey Crunch | Honey Bunches of Oats Whole Grain Almond Crunch |
| | Plain Instant Oatmeal, single serving packets Essential Everyday, Food Club, Kroger, Signature Kitchens, Western Family, WinCo Foods | | Quaker | | | Corn flakes - store brand | | | |
| W | | | | | | | Essential Everyday, Food Club, Great Value, Kroger, Market Pantry, Signature Kitchens, Western Family, WinCo Foods | | |
| | | | F W | F W | F W | W | | | |
| | | | Life (original) | Oatmeal Squares Brown Sugar | Oatmeal Squares Cinnamon | | | | |

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