

CEREAL & CRACKER LIST

BREAD / BREAD ALTERNATES - WHOLE GRAIN OR ENRICHED

Cereal	Cereal	Crackers
BRAKFAST OR SNACK ONLY	BRAKFAST OR SNACK ONLY	SNACK ONLY
200 ALPHA BITS WG	228 PUFFINS -Honey Rice WG	250 ANIMAL CRACKERS -NO MORE THAN 2X/ WEEK
201 ARROWHEAD MILLS PUFFED CORN WG	270 PURELY O'S WG	251 CHEESE CRACKERS
202 ARROWHEAD MILLS PUFFED RICE WG	230 RICE CHEX WG	252 CLUB CRACKERS
203 ARROWHEAD MILLS PUFFED WHEAT WG	231 RICE KRISPIES	253 FISH CRACKERS
204 BACK TO NATURE CLASSIC GRANOLA -Plain Only WG	232 SHREDDED WHEAT WG	254 GRAHAM CRACKERS - NO MORE THAN 2X/ WEEK
205 BARBARA'S SHREDDED SPOONFULS WG	233 SPECIAL K	255 HI HO / RITZ CRACKERS
206 BRAN FLAKES WG	234 TOTAL WG	256 MATZO CRACKERS
207 CHEERIOS -Original or Multigrain Only WG	235 TRADER JOE'S -Joe's O's WG	257 MELBA TOAST
208 CORN CHEX WG	236 UNCLE SAM WG	258 OYSTER CRACKERS
267 CORN FLAKES	237 WHEAT CHEX WG	272 PRETZELS
210 COUNTRY CORN FLAKES WG	238 WHEATENA WG	260 RYE CRACKERS - Ryvita; Wasa; Ak-Mak, etc.
211 CREAM OF RICE	271 WHEATIES WG	261 SALTINE CRACKERS
212 CREAM OF WHEAT WG		262 TRISCUITS WG
213 CRISPIX		263 WHEAT CRACKERS
214 CRISPY RICE		264 WHEAT THINS
215 CRISPY WHEAT & RICE FLAKES		265 WHOLE GRAIN CRACKERS WG
216 EZEKIEL CEREAL WG		266 ZWIEBACK TOAST
217 FARINA		
218 FIBER ONE WG		
268 GRAPE-NUTS WG		
220 GRAPE-NUTS FLAKES WG		
221 GRITS - Whole or Enriched		
222 HEARTLAND - Original WG		
223 HONEY BUNCHES OF OATS		
224 KASHI WG		
243 KIX - Regular and Honey WG		
225 LIFE -Original WG		
226 MALT-O-MEAL - Hot Only		
227 OATMEAL -Unsweetened Only WG		

Legend:	
WG	Whole Grain/Whole Grain Rich