

# Whole Grain-Rich Products (Partial List)

This list of products, compiled by Heartland Child Nutrition, will credit towards the CACFP once-per-day whole grain-rich food requirement. The list is intended to be an aide to Heartland child care providers as a quick reference. It does NOT INCLUDE ALL possible whole grain-rich products. Read ingredient labels and follow the WGR directions in the HCN Handbook to determine additional foods that may count as whole grain-rich grain foods.



## **BREADS - LOAVES AND BUNS**

**Albertsons** - Whole Wheat (WW) Bread  
**Arnold's** - 12 Grain Bread, WW Pocket Thins, WW Sandwich Thins  
**Brownberry** - Whole Grain Bread, WW Sandwich Thins  
**Country Hearth** - WW Bread  
**Essential Everyday** - WW Bread  
**Family Choice** - WW Bread  
**Food Club** - WW Bread  
**Great Value** - WW Bread, WW Buns  
**Joseph's** - Flax, Oat Bran and Whole Wheat Pita  
**Market Pantry** (Target) - WW Bread  
**Nature's Harvest** - WW Bread  
**Nature's Own** - WW Bread, WW Buns  
**Oroweat** - Steel Cut Oats & Honey Bread, WW Hamburger Buns,  
**Pepperidge Farm** - Stone Ground WW Bread, Thin Sliced Soft, Whole Grain Rye, WW Buns  
**Rhodes Frozen Dough** - WW Loaves & Rolls  
**Sara Lee** - Soft & Smooth WW Bread and Buns, WW Bread  
**Village Hearth** - WW Bread & Buns, WW Round Sandwich Thins  
**Wonder** - Soft WW Bread

## **ENGLISH MUFFINS, BAGELS**

**Bubba's** - WW Bagels  
**Country Hearth** - WW English Muffins, WW Bagels  
**Lenders** - WW Bagels  
**Pepperidge Farm** - WW Mini-Bagels  
**Thomas** - WW English Muffins, WW Bagels

## **TACO SHELLS, TORTILLAS, WRAPS**

**Taco Shells** - Look for the first ingredient to be whole corn, corn masa, or limed corn in order to credit as a whole grain-rich food. **Ortega** is one brand that makes their shells with whole corn flour.  
**Soft Shell Tortillas** - First ingredient could be whole wheat flour, whole corn flour, corn masa (flour), or limed corn flour.  
**Whole Grain Chips** - See Taco Shells directions above.  
**Chi-Chi's** - all varieties  
**Mission Tortilla Chips** - all varieties  
**Sun Chips** - all varieties  
**Wheat Thins** - Multi-grain Toasted Chips  
**Tostitos** - Baked Scoops only; other Tostitos are not creditable  
Non-creditable chips: Tostitos (except for above), Doritos, Fritos, Santitas, On-The-Border, Great Value, Market Pantry.

## **OTHER**

**Quaker** - Lightly Salted Rice Cakes only  
**Skinny Pop** - Popcorn Cakes, Mini-Cakes (non-sweet only)  
**Lundberg** - Brown Rice Cakes (non-sweet only)  
**Mama Mia** - Whole Grain Pizza Crusts  
**Boboli** - Whole Grain Pizza Crusts

*Many crackers state that they are made with whole grain but their primary ingredient is enriched flour allowing them to be creditable for the food program, but not counted as a whole grain-rich food. The following crackers meet the criteria of having whole grain as their first ingredient and any other listed grains/flours being whole grain or enriched.*

## **CRACKERS - PLAIN, SAVORY**

**Carr's** - WW Crackers  
**CrunchMaster Crackers**  
**Pepperidge Farm Goldfish** - Whole Grain Goldfish, Whole Grain Pretzels, Whole Grain Cheddar  
**Triscuits** - all varieties  
**Wheat Thins** - all varieties except Wheat Thin Pita Chips  
**Lance** - Whole Grain Cracker Sandwiches

## **CRACKERS - GRAHAM**

**Gerber Graduates** Cinnamon Graham Crackers (Note: Whole grain-rich requirement doesn't apply to infants.)  
**Pepperidge Farm Goldfish** - Whole Grain Cinnamon Grahams, Whole Grain Honey Grahams  
**Teddy Grahams** (Nabisco) - all varieties

## **PASTAS**

Many pasta brands have whole grain versions.

## **CEREALS**

*Those listed below meet the sugar limitations **and** are also WGR. Check store-brands labels for additional options. Also see HCN's "CACFP Cereal Shopping Guide."*

**Alpha-bits** (Post)  
**Cheerios** - Plain, Multi-grain  
**Chex** - Rice, Wheat, Corn, Blueberry, Cinnamon, Vanilla  
**Cream of Whole Wheat**  
**Dora the Explorer** (General Mills)  
**Kashi** - Honey, Whole Grain Puffs, Cinnamon  
**Kix** - Plain, Honey, Berry Berry  
**Life** - Original, Vanilla, Blueberry  
**Oatmeal** - Old-fashion, Quick, Instant  
**Oatmeal Squares** (Quaker)  
**Shredded Wheat, Mini-Wheats, Mini-Spooners**  
**Sunbelt** - Simple Granola  
**Wheaties**

## **PANCAKES, MUFFIN MIXES, WAFFLES**

**Aunt Jemima** - WW Blend Pancake/Muffin Mix  
**Hodgson Mill** - WW Blueberry Muffin Mix  
**Martha White** - Whole Grain Cornbread Mix  
**Kodiak Cakes** - Flapjack & Waffle Mix, Muffin Mixes  
**Vans** - 8-Grain Waffles (frozen)  
**Our Family** - Whole Wheat Waffles (frozen)