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Remember that all Whole Grain, Cereal, Yogurts, and Convenience Items will require a label to be kept on site for reference. This is to validate the products documented on your menu are creditable and meeting the requirements. Thank you for keeping labels in a picture form, electronic form, or paper copy and have the readily available for review during any CACFP visit.



Commonly Used Cereals: Meets Whole Grain Rich and Sugar Limits					
	Cheerios	Multigrain Cheerios	Kix	Berry Kix	Life
Whole Grain Rich Waffles and Pancakes					Send QCS a Whole Grain Rich Recipe and can determine if it meets the requirements!
	Fit and Active	Kashi Gluten Free Original	Kodiak Cakes: Buttermilk	Aunt Jemima Whole Wheat	Recipe
Whole Grain Rich Bread Products *All products listed with 100% Whole Wheat are Whole Grain*					
	100% Whole Wheat Bread Options *SI			Whole Wheat Noodles *SI	100% Whole Wheat Cin. Swirl Bread *SI
					
100% Whole Wheat Bagels	100% Whole Wheat Tortillas	Whole Wheat English Muffins (Farina Not on ingredient list)	100% Whole Wheat Sandwich Slims	Brown Rice	

Products are not guaranteed to meet the requirements. The labels should be kept for official validation of these products and manufacturers require the right to change their products. If you have any questions, please ask!

# Commonly Used Whole Grain or Whole Grain Rich Products

Whole Wheat Snack Options *** indicates Snack Option Only***					
	***Whole Grain Graham Crackers***			Rice Cakes (These two only)	
					Send QCS a Whole Grain Rich Menu Recipe and we can determine if it meets the requirements!
	Whole Grain Pretzels	SunChips		Whole Grain Muffins	Recipe
					
Whole Grain Crackers					

## Common Misconceptions for identifying a Whole Grain...

These Products are NOT a Whole Grain Product					
	Honey Nut Cheerios	Tortila Chips	Corn Bread	Ritz Baked with Whole Wheat	100% Whole Grain Granola Bars
	This is a Whole Grain, but it exceeds the Sugar Content for the cereals... so it is not allowable!	This is not a Whole Grain because the first ingredient is not a Whole Grain so we cannot evaluate to determine if it would possibly meet the Rule of 3!	Corn bread is made with degerminated corn meal or yellow corn meal and both are a non-creditable grain. This makes this product not a Whole Grain.	The package label is very deceiving. It appears this is a Whole Wheat Cracker; however, it does not meet the requirements. If you are unsure-email product to QCS to validate!!	It says 100% whole grain, why do they not count? Well... they are a Grain Based Dessert and are not allowed or reimbursement and cannot be counted toward the WG. Requirements.

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