BREAKFAST CEREAL

COLD BREAKFAST CEREAL

HOT BREAKFAST CEREAL
### Breakfast Cereal

#### Buy

**Must Be**
- 12 oz to 36 oz boxes
- Only these brands and types

**Cold Breakfast Cereal**
- Alpha-Bits
- Cheerios (Plain)
- Cheerios Multi Grain (Plain)
- Corn Chex (Plain)
- Dora the Explorer (Cinnamon)
- Great Grains Banana Nut Crunch
- Kellogg’s Corn Flakes
- Kellogg’s Frosted Little Bites or Mini Wheats Original
- Kellogg’s Rice Krispies (Plain)
- Kix (Plain)
- Post Grape Nuts
- Post Grape Nuts Flakes
- Rice Chex (Plain)
- Sunbelt Bakery Simple Granola
- Wheat Chex (Plain)
- Bran Flakes
  - Essential Everyday
  - Food Club
  - Great Value
  - IGA
  - Kroger
  - Signature Kitchens
  - Western Family

**Hot Breakfast Cereal**
- Cream of Rice
- Cream of Rice Instant
- Cream of Wheat (Instant, 1 minute, 2½ minute, 10 minutes)
- Cream of Wheat Whole Grain (Instant and 2½ minute)
- Essential Everyday Grits Original
- Malt-O-Meal Original

#### Don’t Buy
- Bags
- Cylinders
- Oatmeal

#### Shopping Tip

You can choose a combination of breakfast cereals up to the amount of ounces (oz) printed on the WIC check. Examples:

- \[12 \text{ oz} + 12 \text{ oz} + 12 \text{ oz} = 36 \text{ oz}\]
- \[17.3 \text{ oz} + 18 \text{ oz} = 35.3 \text{ oz}\]
- \[18 \text{ oz} + 18 \text{ oz} = 36 \text{ oz}\]

W These are whole grain cereals.