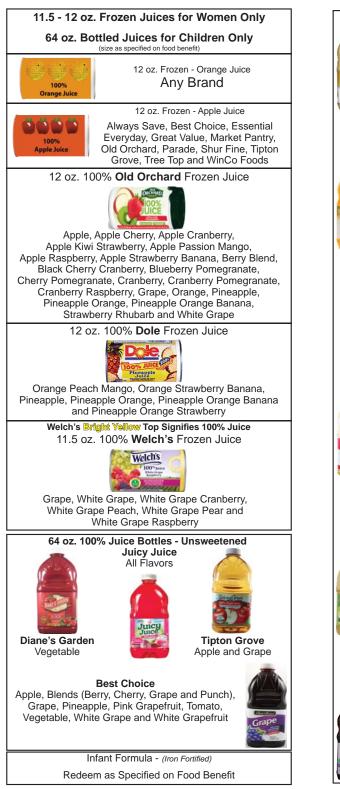
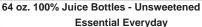
| Bran Flakes | Corta Corta Costa | Frosted Shredded Wheat | HappyOs | Rice |
|-------------------------------------|------------------------------------|--|---|--|
| Best Choice | Best Choice | Best Choice Bite Size - Frosted | Best Choice | Best Choice |
| Bran Flakes | Corn Crisps | Shredded Wheat | Happy O's | Rice Crisps |
| Best Choice | Essential Everyday | Essential Everyday | Essential Everyday | Essential Everyd |
| Wheat Crisps | Bran Flakes | Crunchy Corn Squares | Bite Size - Frosted Shredded Wheat | Crunchy Rice Squares |
| Nutry Nuggets | Toosted Oats | Wheat Squares | | - |
| Essential Everyday Nutty Nuggets | Essential Everyday Toasted Oats | Essential Everyday Crunchy Wheat Squares | General Mills Berry Berry Kix | General Mills Cheerios |
| Cheex | Fiber | Kix | KiX | Cheerios |
| General Mills | General Mills | General Mills | General Mills | General Mills |
| Corn Chex | Fiber One Honey Clusters | Honey Kix | Kix | MultiGrain Cheer |
| Chex | (Total) | Chex | WHEATIES | Bron Rokes |
| General Mills Rice Chex | General Mills Total 100% | General Mills Wheat Chex | General Mills Wheaties | Great Value Bran Flakes |
| Squares | Whole Grain | | Cal Crunch Data Service Service | |
| Great Value | Great Value | Great Value | Great Value | Great Value |
| Corn Squares | Crunchy Nuggets | Bite Size - Frosted Shedded Wheat | Oat Crunch | O's |
| Great Value Rice Squares | Great Value Wheat Squares | Kellogg's All-Bran Complete Wheat Flakes | Kellogg's - Original Frosted Mini-Wheats | Kellogg's - Little B Frosted Mini-Wheats |
| BRAN FLAKES | | Refiles | Etadosente Minis Spooners | Specifier |
| Kiggins | Kiggins Bite Size - Frosted | Kiggins | Malt-O-Meal Blueberry | Malt-O-Meal Frosted |
| Bran Flakes | Shredded Wheat | Rollin' Oats | Brace Brace Brance Parade Bran Flakes | Mini Spooners |
| Mini Spooners | Shredded Wheat | | | Shredded Wheat |

| | | aloha | DDAN | | | | | |
|-------------------|---|--|---|--|--|--|--|--|
| | Toasted Oats | 58 TO | FLAKES | -nuts | <u>Srape</u> nuts | | | |
| | Dende | Post | Post | Post | 200.7 | | | |
| | Parade Toasted Oats | Alpha Bits | Bran Flakes | Grape-Nuts | Post Grape-Nuts Flakes | | | |
| | Grains | OATS - | OATS - | BUNCHES | and the second s | | | |
| | | Whole Grain | Whole Grain | OATS - | SHREDDED WHEAT= | | | |
| | Post Great Grains Banana Nut Crunch | Post - Whole Grain Honey Bunches of Oats Almond Crunch | Post - Whole Grain Honey Bunches of Oats Honey Crunch | Post - Whole Grain Honey Bunches of Oats Vanilla Bunches | Post Honey Nut Shredded Wheat | | | |
| | life : | | | Corn Biscuits | Shredded Wheat | | | |
| | DETERNAL | and the | 1 | 1.18 | | | | |
| | Quaker Life | Quaker Oatmeal Squares Brown Sugar | Quaker Oatmeal Squares Cinnamon | Cuten Free Ralston Foods Corn Biscuits | Ralston Foods Bite Size - Frosted Shredded Wheat | | | |
| | | Rice Biscuits | B Marrie | BRAN | Corre Souares | | | |
| | WISE | | Tasteeos | CARES . | 020 | | | |
| | Ralston Foods Oat Wise | Ralston Foods Rice Biscuits | Ralston Foods Tasteeos | Ralston Foods Wheat Bran Flakes | Shur Fine West Corn Squares | | | |
| | RiteSize | | Carlo Restored | Charles Streament | Wheat Bran | | | |
| | | original | RiceSouares | Toasted Oats | | | | |
| | Shur Fine West | Shur Fine West | Shur Fine West | Shur Fine West | Shur Fine West | | | |
| | Bite Size - Frosted Shredded Wheat | Good Choice Original | Rice Squares | Toasted Oats | Wheat Bran Flakes | | | |
| | Wheat Souares | Sunhett. | | Shredded Wheat builde searbord wheat prove wheat server | ukata gener ne sanar | | | |
| | | GRANDER | | orse, | O AND | | | |
| | Shur Fine West Wheat Squares | Sunbelt Bakery Simple Granola | WinCo Foods Bran Flakes | WinCo Foods Frosted Shredded Wheat | WinCo Foods Toasted Oats | | | |
| | | | and Hot Ce | | - | | | |
| | | Allowed | in 11.8 oz. Size Only | 10 36 02. | | | | |
| No Substitutions! | | | | | | | | |
| | Hot | CREAM | CREAM | CREAM | CREAM | | | |
| | Cereal | | | | Tectard Wildlet erratin | | | |
| | | Cream of Wheat 1 Minute | Cream of Wheat 2 1/2 Minute | Cream of Wheat 10 Minute | Cream of Wheat Instant Whole Grain | | | |
| | CREAM | Malto | MaltO | | | | | |
| | | Meal | Meal | GRITS | Original | | | |
| | Cream of Wheat | Malt-O-Meal | Malt-O-Meal | Quaker | Quaker | | | |
| | Whole Grain | Chocolate | Original | Instant Grits | Instant Oatmeal | | | |





Apple, Berry, Cherry, Cranberry, Cranberry Raspberry, Grape, Grape Blend, Orange, Pineapple, Punch, Tomato, Low Sodium Tomato, Vegetable, Low Sodium Vegetable, White Grape and White Grapefruit

Great Value Apple, Cranberry, Cranberry Grape, Grape, Tomato, Vegetable, White Grape and White Grape Peach

Harvest Classic



-

Langers Apple, Apple Berry Cherry, Apple Cranberry, Apple Grape, Apple Kiwi Strawberry, Apple Orange Pineapple, Apple Peach Mango, Cranberry Berry Plus, Cranberry Grape Plus, Cranberry Plus, Cranberry Pomegranate Blueberry Plus, Cranberry Raspberry Plus, Disney (Apple Cran Grape, Berry, Grape, Punch), Grape, Grape Plus, Harvest Apple Plus, Mango Tangerine, Orange, Pineapple, Pineapple Orange, Red Grape, Ruby Red Grapefruit, Tomato, Vegetable, Low Sodium Vegetable and White Grape



Market Pantry Apple, Berry, Grape, Tomato, Vegetable and White Grape

Old Orchard

Acai Pomegranate, Apple, Apple Cranberry, Berry Blend, Black Cherry Cranberry, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Mango Tangerine, Orange, Peach Mango, Pineapple, Red Raspberry, White Grape and Wild Cherry

Parade



Orange Pineapple, Pineapple, Pineapple Mango, Pink Grapefruit,

Shur Fine

Apple, Cranberry, Cranberry Apple, Cranberry Raspberry, Grape, Juice A Lot (Berry, Cherry, Grape and Punch), Orange, Pineapple, Pink Grapefruit, Tomato, Vegetable, White Grape and White Grapefruit



WinCo Foods Apple, Grape, Vegetable, and White Grape





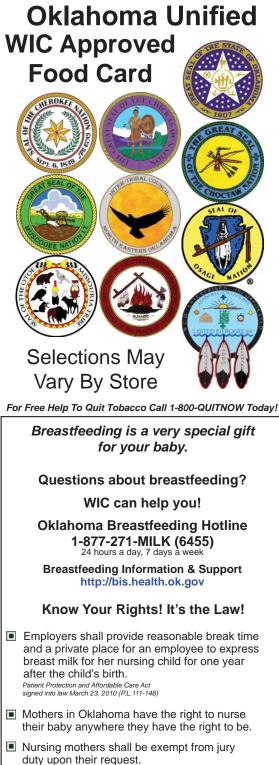


Whole Grain Options



All brands are not available on all WIC programs. Best Choice Vanilla - (Lowfat) & Plain - (Nonfat) 10 **Brown Cow** Plain & Vanilla - (Nonfat) Phin Coburn Farms Plain & Vanilla - (Lowfat) Dannon ANNO Vanilla (Lowfat) Strawberry & Strawberry Banana (Nonfat) **Dannon - All Natural** Plain (Lowfat & Nonfat) Dannon - Light & Fit Strawberry & Vanilla - (Nonfat) **Essential Everyday** Plain (Nonfat) Blueberry, Peach, Plain, Raspberry, Strawberry & Vanilla (Lowfat) **Great Value** Plain & Vanilla (Nonfat) Peach, Strawberry, Strawberry Banana & Vanilla (Lowfat) LALA Mango, Mixed Berry, Peach, Pina Colada, Plain, Strawberry & Strawberry Banana - (Lowfat) Market Pantry Plain & Vanilla - (Nonfat) & Vanilla - (Lowfat) Mountain High Honey (Lowfat), Plain & Vanilla - (Lowfat & Fat Free) Shurfine West 800 Plain (Lowfat & Nonfat) & Vanilla (Lowfat) 12F WinCo Foods Plain (Nonfat), Peach, Strawberry & Vanilla - (Lowfat) Yoplait Plain (Fat Free) Yoplait Harvest Peach, Strawberry, Strawberry Banana & Vanilla - (Lowfat) Whole Yogurt - 32 oz. (Quart) 10 **Brown Cow** Maple, Plain & Vanilla - (Whole) Phir Dannon - All Natural Plain, Strawberry & Vanilla (Whole) Mountain High Plain & Vanilla - (Whole) This institution is an equal opportunity provider. This publication, printed by University of Oklahoma Printing Services is issued by the Oklahoma State Department of Health as authorized by Terry Cline, Ph.D., Commissioner of Health, Secretary of Health and Human Services 160 000 were printed at a cost of \$20 179 23 Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries.





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