

Bread, crackers, iron-fortified infant cereal or ready-to-eat cereal may be served to infants at snack. Grains must be made from whole-grain or enriched meal or flour and made without nuts, seeds or hard pieces of whole grain kernels. Consult with the infant's parent/guardian prior to serving these items.

## **CREDITABLE GRAINS:**

### **Bread**

- Breads, strips or small pieces of dry bread or toast
- Biscuits
- Bagels
- English muffins
- Pita bread
- Rolls
- Soft tortillas
- Teething biscuits

### **Crackers**

- Saltines
- Rounds, ovals, squares
- Small fish shaped
- Graham and animal crackers

### **Ready-to-eat Breakfast Cereal**

- Ready-to-eat breakfast cereal (must contain no more than 6 grams of sugar per dry ounce)

## **DO NOT SERVE THE FOLLOWING GRAINS:**

### Choking risk:

- Pretzels
- Crackers or breads with seeds, nut pieces, or whole grain kernels such as wheat berries
- Whole kernels of cooked rice, barley, or wheat; these should be finely ground or mashed before feeding to infants

### Non-Creditable: Grain Based Desserts including

- Cookies, including vanilla wafers
- Cereal bars, breakfast bars, granola bars
- Sweet rolls, Toaster pastries, doughnuts
- Cake, cupcake, brownies
- Sweet bread pudding and rice pudding