

Wisconsin WIC Approved Whole Grains

BREADS • BUNS • ROLLS

ALLOWED

- 100% whole wheat bread, buns and rolls

Examples of allowed brands:

- Any store brand (ex. Food Club, Our Family)
- Bimbo, Butternut, or Family Choice Bread
- Brownberry (Burger and Hot Dog Rolls)
- Healthy Life (Sandwich and Hot Dog Buns)
- Pepperidge Farm Bread (Stone Ground, Very Thin Sliced, 100% Whole Wheat Cinnamon with Raisin Swirl)
- Sara Lee Bread (Classic)
- Village Hearth Bread



WHOLE WHEAT PASTA

ALLOWED

- 100% whole wheat
- Any shape

Only the following brands are allowed:

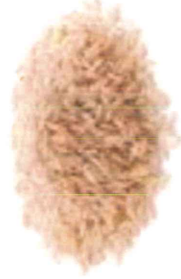
- Barilla
- Essential Everyday
- Gia Russa
- Great Value
- Hodgson Mill
- Hy-Vee
- Kroger
- Racconto
- Shurfine
- Ronzoni 100% Whole Grain



BROWN RICE

ALLOWED

- Any brand, dry
- Plain brown rice without added herbs, seasonings or beans
- Regular, instant, and boil-in-bag type



TORTILLAS • WRAPS

ALLOWED

- White or yellow soft corn
- 100% whole wheat

Only the following brands are allowed:

Corn

- Best Choice
- Bucky Badger
- Chi-Chi's
- Don Pancho
- El Rey
- Essential Everyday
- Food Club
- Hy-Vee
- La Banderita
- La Burrita
- Mission
- Shurfine

100% Whole Wheat

- Best Choice
- Don Pancho
- Essential Everyday
- Ortega
- Our Family
- Roundy's
- Schnucks
- Shurfine
- Ti Santi
- La Bandertia

