

## Cereal Types

### Flakes, Rounds, Puffed, or Granola

The Child and Adult Food Program (CACFP) meal pattern categorizes ready-to-eat breakfast cereals (dry, cold) as flakes, rounds, puffed, and granola. The minimum serving sizes in the CACFP Meal Pattern are different depending on the category of cereal.

The following is a list of cereals categorized as flakes, rounds, puffed, or granola, and the amounts that must be served. See the [CACFP Reference Guide](#) for the list of WI WIC approved cereals, including additional flavors of cereals listed below and those that are whole grain rich.

	Cereals	1-5 year olds	6-18 year olds
		Serve at least 1/2 oz eq which is about...	Serve at least 1 oz eq which is about...
<b>Flakes</b>	<ul style="list-style-type: none"> <li>• Bran Flakes</li> <li>• Corn Flakes</li> <li>• Fiber One</li> <li>• Grape Nuts Flakes</li> <li>• Great Grains Banana Nut</li> <li>• Honey Bunches of Oats</li> <li>• Mini Spooners</li> <li>• Mini Wheats</li> <li>• Oatmeal Squares</li> <li>• Shredded Wheat</li> <li>• Special K</li> <li>• Total</li> <li>• Wheaties</li> </ul>	1/2 cup	1 cup
<b>Rounds</b>	<ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Crispy Oats</li> <li>• Tosteos</li> <li>• Toasted Oats</li> </ul>	1/2 cup	1 cup
<b>Puffed Cereal</b>	<ul style="list-style-type: none"> <li>• Chex Cereal (Corn, Rice, Wheat)</li> <li>• Crispix</li> <li>• Crispy Rice</li> <li>• Kix</li> <li>• Life</li> <li>• Rice Krispies</li> </ul>	3/4 cup	1 ¼ cup
<b>Granola</b>	<ul style="list-style-type: none"> <li>• Granola</li> <li>• Grape Nuts Original</li> </ul>	1/8 cup	1/4 cup