

Cereal – meets whole grain-rich & sugar requirement

General Mills Cheerios Original/multi grain

General Mills Corn, Wheat & Rice Chex

Hannaford/Post/Kellogg's Raisin Bran

Nabisco Shredded Wheat

General Mills Kix

General Mills Total

General Mills Wheaties

Quaker Life

Post Grape Nuts

Yogurt – meets sugar requirement

Hannaford Taste of Inspirations plain Greek non-fat

Hannaford Taste of Inspirations Greek Blueberry

Market Basket Greek non-fat

Dannon Greek non-fat

Yoplait Hello Kitty

Chobani Greek non-fat

Fage plain

Fage 0% fat

Trader Joe's Greek non-fat

CACFP Verified  
Creditable Foods

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This Institution is an equal  
opportunity provider

[www.ccmaine.org/cacfp](http://www.ccmaine.org/cacfp)

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Creditable Foods

*Verified with online databases:*

[www.fooducate.com](http://www.fooducate.com)

[www.nutritionix.com](http://www.nutritionix.com)

Breads – whole grain-rich

Hannaford 100% Whole Wheat  
Country Kitchen 100% Whole Wheat  
Market Basket 100% Whole Wheat  
Shaw's 100% Whole Wheat  
Wonder 100% Whole Wheat  
Arnold 100% Whole Wheat  
Pepperidge Farms 100% Whole Wheat  
Trader Joe's Whole Wheat  
Nature's Own Whole grain  
B&M brown bread/raisin

Wraps – whole grain-rich

Ortega Whole Wheat Tortillas  
Mission Whole Wheat Tortillas  
Trader Joe's Whole grain Tortillas  
Hannaford Whole Wheat Tortillas  
Market Basket Whole Wheat Tortillas  
Market Basket Mexicali Flour Tortillas  
Ortega taco shells, whole grain corn  
Ortega whole wheat tortillas

*Providers must have on site the label/ingredient list or recipe for items used to meet the 1 whole grain-rich item per day for monitors to review on their visit.*

*This is not a complete list of suggested foods. There are many others that meet the new requirements.*

Crackers – whole grain-rich

Nabisco Wheat Thins – all varieties  
Nabisco Thin Crisps  
Quaker Rice cakes  
Nabisco Triscuits – all varieties

Other – whole grain-rich

Kashi 7 grain frozen waffles  
Hannaford Old Fashion Hearth 100% whole wheat English Muffins  
Barowsky English Muffins (baked in Lewiston - Barowsky has many different whole grain items)  
Aunt Jemima whole grain frozen pancakes  
Aunt Jemima whole wheat pancake and waffle mix