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
Catholic Charities
270 Minot Ave., Ste. B,
Auburn, ME 04210
Phone: 207-786-0925
This Institution is an equal opportunity provider

www.ccmaine.org/cacfp

June 2017

Verified with online databases:
www.fooducate.com
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 100% 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

**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

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.