

WHOLE GRAIN-RICH FOODS

The Child and Adult Care Food Program (CACFP) nutrition standards require participating childcare homes and centers to serve at least one whole grain-rich food daily.

The list below is simply a sample of common products found in retail stores that are whole grain-rich. Please note this does not include ALL varieties and brands available. Other varieties and brands may qualify.

Whole Grain *These items are always whole grain. This list does not include all whole grains. Other kinds may qualify.*



Oatmeal/Oats
(<6g sugar/dry oz)



Brown Rice/
Colored Rice



Bulgur/Cracked
Wheat



Quinoa



Buckwheat



Wild Rice



Amaranth

Whole Wheat Pasta *This list does not include all whole grain pastas. Other kinds may qualify.*



Barilla
Whole Grain



DeLallo Organic
Whole Wheat



Great Value
Whole Wheat



Our Family
Whole Wheat



Spartan
Whole Wheat



Simple Truth
Whole Wheat



Kroger
Whole Grain



Meijer Organics
Whole Wheat



Ronzoni Healthy
Harvest
Whole Grain



Hodgson Mill
Whole Wheat

Whole Wheat Bread *This list does not include all whole grain breads. Other kinds may qualify.*



Aunt Millie's
100% Whole Grain
White



Aunt Millie's
100% Whole Wheat



Best Choice
100% Whole Wheat



Bimbo
100% Whole Wheat



Bunny
Whole Wheat Bread



Family Choice
100% Whole Wheat



Kroger
100% Whole Wheat



Nickles
100% Whole Wheat



Our Family
100% Whole Wheat



Pepperidge Farm
Jewish Rye Whole
Grain Seeded



Pepperidge Farm
Light Style Soft
Wheat



Pepperidge Farm
100% Whole Wheat



Pepperidge Farm
Swirl 100% Whole Wheat
Cinnamon w/ Raisins



Pepperidge Farm
Whole Grain
Thin Sliced
100% Whole Wheat



Roman Meal
Sungrain
100% Whole Wheat



Sara Lee
100% Whole Wheat



Sunbeam
Whole Grain White



Sterns Kosher
100% Whole Wheat



Village Hearth
100% Whole Wheat

Whole Wheat Buns *This list does not include all whole wheat buns. Other kinds may qualify.*



Brownberry
100% Whole Wheat
Hamburger Rolls



Brownberry
100% Whole Wheat
Hot Dog Rolls

Whole Grain Crackers *This list does not include all whole grain crackers. Other kinds may qualify.*



Wheat Thins



Triscuits



Goldfish
Baked with Whole Grain



Mary's Gone Crackers
Original & Super Seed



Carr's
Whole Wheat Crackers

Whole Grain Tortillas *This list does not include all whole grain tortillas. Other kinds may qualify.*



Best Choice
100% Whole Wheat Tortilla



Chi Chi's
Whole Wheat Fajita Style



Don Marcos
Stone Ground Corn Tortilla



Great Value
Whole Wheat Flour



Kroger
Whole Wheat Soft Taco



La Banderita
Whole Wheat Fajita



La Banderita
Whole Wheat Soft Taco



La Banderita
Corn



La Banderita
Corn Grande



Meijer
Soft Taco Whole Wheat



Mission
Yellow Corn Extra Thin



Mission
Whole Wheat



Mission
Whole Wheat Fajita Style



Ortega
Whole Wheat



Tio Santi
Whole Wheat



Tortillas Tita
Mini Corn Tortilla



Tortillas Tita
Corn Enchilada Style



This information was verified as of January 14, 2024. The information may change over time, so it is recommended to verify if a product is whole grain rich by reading the ingredient statement. For more information on verifying if a food is whole grain rich, visit <https://fns-prod.azureedge.us/sites/default/files/resource-files/cacfp-worksheet-identifying-wgr-foods-en-2021.pdf>

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