





## Cereal: Flakes, Rounds or Puffed?

The Child and Adult Food Program (CACFP) meal patterns categorizes ready-to-eat breakfast cereals as flakes, rounds, puffed, and granola. The minimum serving size is different depending on the category of cereal.

Cereals must be whole grain-rich, enriched or fortified. Cereals must also meet the sugar limit of no more than 6 grams of sugar per dry ounce.

Cereal Category	Cereal Type/Brand	Portion Size		
<b>Flakes</b> 	<ul style="list-style-type: none"> <li>• Bran Flakes*</li> <li>• Corn Flakes</li> <li>• Fiber One*</li> <li>• Great Grains Banana Nut Crunch*</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>	<u><b>1-2 years</b></u> ½ cup	<u><b>3-5 years</b></u> ½ cup	<u><b>6-12 years</b></u> 1 cup
<b>Rounds</b> 	<ul style="list-style-type: none"> <li>• Cheerios*</li> <li>• Crispy Oats*</li> <li>• Tostitos*</li> <li>• Toasted Oats*</li> </ul>	<u><b>1-2 years</b></u> ½ cup	<u><b>3-5 years</b></u> ½ cup	<u><b>6-12 years</b></u> 1 cup
<b>Puffed</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>	<u><b>1-2 years</b></u> ¾ cup	<u><b>3-5 years</b></u> ¾ cup	<u><b>6-12 years</b></u> 1 ¼ cup
<b>Granola</b> 	<ul style="list-style-type: none"> <li>• Grape Nuts*</li> </ul>	<u><b>1-2 years</b></u> 1/8 cup	<u><b>3-5 years</b></u> 1/8 cup	<u><b>6-12 years</b></u> ¼ cup

\*Cereals may be Whole Grain-Rich, check label to confirm.

This document has been adapted from the Minnesota Department of Education.

<https://education.mn.gov/MDE/dse/FNS/prog/CACFPcen/ops/Menu/MDE072548>