





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		
Flakes 	<ul style="list-style-type: none"> • Bran Flakes* • Corn Flakes • Fiber One* • Great Grains Banana Nut Crunch* • Honey Bunches of Oats • Mini Spooners* • Mini Wheats* • Oatmeal Squares* • Shredded Wheat* • Special K • Total • Wheaties* 	<u>1-2 years</u> ½ cup	<u>3-5 years</u> ½ cup	<u>6-12 years</u> 1 cup
Rounds 	<ul style="list-style-type: none"> • Cheerios* • Crispy Oats* • Tostitos* • Toasted Oats* 	<u>1-2 years</u> ½ cup	<u>3-5 years</u> ½ cup	<u>6-12 years</u> 1 cup
Puffed 	<ul style="list-style-type: none"> • Chex Cereal (Corn, Rice, Wheat)* • Crispix • Crispy Rice • Kix* • Life* • Rice Krispies 	<u>1-2 years</u> ¾ cup	<u>3-5 years</u> ¾ cup	<u>6-12 years</u> 1 ¼ cup
Granola 	<ul style="list-style-type: none"> • Grape Nuts* 	<u>1-2 years</u> 1/8 cup	<u>3-5 years</u> 1/8 cup	<u>6-12 years</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/CACFPen/ops/Menu/MDE072548>

