

## Ready-to-Eat Breakfast Cereal: Flakes, Rounds, Puffed, or Granola

The CACFP meal patterns categorizes ready-to-eat (RTE) breakfast cereals as flakes, rounds, puffed, and granola. The minimum serving size on the [meal patterns](#) differs depending on the category of cereal and if serving children or adults. Ounce Equivalent (oz. eq.) portions for RTE cereals take effect October 1, 2021.\*

Cereals must be whole grain, enriched, or fortified, and must contain no more than 6 grams of sugar per dry ounce. The following are examples of cereals and if they are classified as flakes, rounds, puffed cereal, or granola. (Reference: [Exhibit A](#))

Cereal Type	Typical Brands	Ounce Equivalent Serving	½ Ounce Equivalent Serving
<b>Flakes</b>	<ul style="list-style-type: none"> <li>• Bran Flakes</li> <li>• Corn Flakes</li> <li>• Great Grains Banana Nut Crunch</li> <li>• Honey Bunches of Oats</li> <li>• Mini Wheats</li> <li>• Oatmeal Squares</li> <li>• Shredded Wheat</li> <li>• Special K</li> <li>• Total</li> <li>• Wheaties</li> </ul>	1 oz. eq. = 1 cup	1/2 oz. eq. = ½ cup
<b>Rounds</b>	<ul style="list-style-type: none"> <li>• Alpha-Bits</li> <li>• Cheerios</li> <li>• Crispy Oats</li> <li>• Tosteos</li> <li>• Toasted Oats</li> </ul>	1 oz. eq. = 1 cup	1/2 oz. eq. = ½ 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> </ul>	1 oz. eq. = 1 1/4 cups	½ oz. eq. = ¾ cup
<b>Granola</b>	<ul style="list-style-type: none"> <li>• Grape Nuts</li> </ul>	1 oz. eq. = ¼ cup	1/2 oz. eq. = 1/8 cup
<b>Cooked Cereal</b>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Cream of Wheat or Rice</li> </ul>	1 oz eq = ½ cooked or 28 grams dry	1/2 oz. eq. = 1/4 cup cooked or 14 grams dry

\*Until October 1, 2021, you have the option of using the old minimum serving size for any type of ready-to-eat breakfast cereal which is 1/4 cup for children ages 1-2, 1/3 cup for children ages 3-5, 3/4 cup for children 6-12; and 1 & 1/2 cups for adults. Handout adapted from Minnesota Department of Education CACFP, accessed