

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

The Child and Adult Food Program (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, 2019**.

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
Flakes	<ul style="list-style-type: none"> • Bran Flakes • Corn Flakes • Fiber One Flakes • Great Grains Banana Nut Crunch • Honey Bunches of Oats • Mini Spooners • Mini Wheats • Oatmeal Squares • Shredded Wheat • Special K • Total • Wheaties 	1 oz. eq. = 1 cup	½ oz. eq. = ½ cup
Rounds	<ul style="list-style-type: none"> • Alpha-Bits • Cheerios • Crispy Oats • Tostitos • Toasted Oats 	1 oz. eq. = 1 cup	½ oz. eq. = ½ cup
Puffed	<ul style="list-style-type: none"> • Chex Cereal (Corn, Rice, Wheat) • Crispix • Crispy Rice • Kix • Life • Rice Krispies 	1 oz. eq. = 1 ¼ cups	½ oz. eq. = ¾ cup
Granola	<ul style="list-style-type: none"> • Grape Nuts 	1 oz. eq. = ¼ cup	½ oz. eq. = ⅛ cup

Until October 1, 2019, 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.