WHOLE GRAINS
Bread

16 oz. package

Allowed:
• Arnold Stone Ground 100% Whole Wheat Bread
• Best Yet 100% Whole Wheat Bread
• Bimbo 100% Whole Wheat Bread
• Country Kitchen 100% Whole Wheat Bread
• Hannaford 100% Whole Wheat Bread
• My Essentials Whole Wheat Bread
• Pepperidge Farm Stone Ground 100% Whole Wheat Bread
• Pepperidge Farm Very Thin 100% Whole Wheat Bread
• Roman Meal Sungrain 100% Whole Wheat Bread
• Sunbeam 100% Whole Wheat Bread

24 oz. package
(ONLY IF PRINTED ON CHECK)

Allowed:
• Arnold Whole Grains 100% Whole Wheat Bread
• Country Kitchen All Natural Whole Grain 100% Whole Wheat Bread
• Freihofer’s Stone Ground 100% Whole Wheat Bread

Not Allowed:
• Specialty breads, such as breads with added fiber or flavors
• Any other whole wheat bread product, such as bagels, English muffins, buns, rolls, and pita bread
• Organic bread

Oatmeal

16 oz. package or less

Allowed:
• McCann’s Quick Cooking Irish Oatmeal
• McCann’s Quick and Easy Natural Steel Cut Irish Oatmeal
• Mom’s Best Naturals Quick Oats
• Quaker Crystal Wedding Oats
• Silver Palate Thick and Rough Oatmeal

Not Allowed:
• Individual or flavored oatmeal packets
• Organic oatmeal
• Single-serve packets
**Tortillas**

16 oz. package or less

**Allowed:**
- Carlita Soft White Corn Tortillas
- Celia’s Corn Tortillas
- Celia’s Whole Wheat Flour Tortillas
- Chi Chi’s Corn Tortillas
- Chi Chi’s Whole Wheat Tortillas
- Hannaford Whole Wheat Tortillas
- La Banderita Corn Tortillas
- La Banderita Whole Wheat Tortillas
- Mayan Farm Traditional Recipe Whole Wheat Tortillas
- My Essentials Whole Wheat Tortillas
- Ortega Whole Wheat Tortillas
- Santa Fe Whole Wheat Tortillas
- Santa Fe White Corn Tortillas
- Santa Fe Yellow Corn Tortillas
- Shurfine White Corn Tortillas
- Shurfine Whole Wheat Fajita Style Tortillas

**Not Allowed:**
- “Hard shell” tortillas
- Flour tortillas
- Organic tortillas

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**Brown Rice**

16 oz. package or less

**Allowed:**
- Any brand
- Short, medium, or long grain
- Regular, quick, or instant
- Basmati Brown and Jasmine Brown
- Boil in Bag Brown Rice

**Not Allowed:**
- Seasoned rice
- Organic brown rice
- Wild rice
- Brown rice mixed with wild rice, white rice, or any other type of rice
- Single-serve packets