

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

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

