

## Ready-to-Eat Breakfast Cereals: Flakes, Rounds or Puffed?

The CACFP Meal Pattern categorizes ready-to-eat breakfast cereals as flakes, rounds, puffed and granola. The minimum serving size as indicated on the meal patterns is different depending on the category of cereal and if you're serving children or adults.

Most cereals will fall under flakes or rounds and will be labelled as such. Bran Flakes are an example of flakes while Cheerios are an example of rounds and Kix are an example of puffed cereal. Following are more examples of cereals and if they are categorized as flakes, rounds, puffed cereal or granola.

<b>Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)</b>	
<b>Flakes</b>	<ul style="list-style-type: none"><li>• Bran Flakes</li><li>• Corn Flakes</li><li>• Fiber One</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>
<b>Rounds</b>	<ul style="list-style-type: none"><li>• Alpha-Bits</li><li>• Cheerios</li><li>• Crispy Oats</li><li>• Tasteeos</li><li>• Toasted Oats</li></ul>
<b>Puffed Cereal</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><li>• Rice Krispies</li></ul>
<b>Granola</b>	<ul style="list-style-type: none"><li>• Grape Nuts</li></ul>