



Texas WIC Approved Foods List

Effective October 1, 2016 (FY 17)

CEREAL – NATIONAL BRANDS	
B & G FOODS	
Whole Grain Cream of Wheat	18-oz box only
GENERAL MILLS	
Cheerios	18-oz & 36-oz boxes only
Corn Chex	18-oz box only
Dora the Explorer	18-oz box only
Kix	18-oz box only
MultiGrain Cheerios	18-oz & 36-oz box only
Rice Chex	18-oz box only
KELLOGG'S	
All Bran Complete Wheat Flakes	18-oz box only
Corn Flakes	18-oz & 36 oz boxes only
Frosted Mini Wheats Original	18-oz & 36 oz boxes only
Rice Krispies	18-oz box only
Special K Original	18-oz box only
MALT-O-MEAL	
Blueberry Mini Spooners	18-oz & 36-oz bag only
Corn Flakes	18-oz box/bag only
Crispy Rice	18-oz box/bag & 36-oz bag only
Frosted Mini Spooners	18-oz box/bag & 36-oz bag only
Strawberry Cream Mini Spooners	18-oz box/bag & 36-oz bag only
Oat Blenders with Honey	18-oz box/bag & 36-oz bag only
Oat Blenders with Honey and Almonds	18-oz box/bag & 36-oz bag only
Original Hot Wheat Cereal	18-oz & 36-oz boxes only
POST	
Grape Nuts Flakes	18-oz box only
Honey Bunches of Oats Honey Roasted	18-oz box only
Honey Bunches of Oats with Almonds	18-oz box only
Honey Bunches of Oats with Vanilla Bunches	18-oz box only
Honey Bunches of Oats Whole Grain Almond Crunch	18-oz box only
Honey Bunches of Oats Whole Grain Honey Crunch	18-oz box only
QUAKER	
Instant Grits Original	18-oz box only
Life Original	18-oz box only