List of Acceptable Foods and Beverages

List 5: Cereals

List 5: Cereals includes commercial products that meet the CNS snacks category, such as ready-to-eat (RTE) cold breakfast cereals, granola, and hot breakfast cereals like oatmeal.

																					Better Choice Recommendations			
Manufacturer	Food item description	Package or serving size (ounces)	Weight (grams [g])	General Standard met: 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	Calories: ≤200	Fat (g)	% Calories from fat: ≤35%	Saturated fat (g)	% Calories from Saturated fat: <10%	Sodium (mg): ≤200 mg	Fiber (g)	Total sugars (g): ≤15 g	% Sugars by weight: ≤35%	Added sugars (g): ≤15 g	Effective July 1, 2025: ≤ 6 g added sugars per ounce	Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	Standard met: No chemically altered fat substitutes	Standard met: No caffeine	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain (applies only if contains grains
Bake Crafters Food Company	Granola, Cinnamon, 1 oz pouch	1	28	WGR	110	4.0	32.7%	0.0	0.0%	60	2	4.0	14.1%	3.0	3.00	yes	yes	yes	Thurston	Code 2264; Case (320 count) UPC 007-37410-02264-2	12/29/23	X	X		X
Darlington Snacks	Crave-N-Rave Crunchbox Classic TIMBR Granola, Individually Wrapped, 1 oz bag	1	28	WGR	120	3.0	22.5%	0.0	0.0%	30	2	6	21.2%	5.0	5.00	yes	yes	yes	Thurston	Code 57110; UPC 6-75825-57110-5; Case (300 count) UPC 006-75825-57110-5	725/24	X	X		X
Darlington Snacks	Crave-N-Rave Fireside Crunch TIMBR Granola, Individually Wrapped, 1 oz bag	1	28	WGR	120	3.0	22.5%	0.0	0.0%	30	2	6	21.2%	5.0	5.00	yes	yes	yes	Thurston	Code 57210; UPC 6-75825-57210-2; Case (300 count) UPC 006-75825-57210-2	725/24	X	X		X
General Mills	Single Serve 0.625 oz Bowlpak, Kix Crispy Corn Puffs Cereal	0.625	17	WGR	70	0.5	6.4%	0.0	0.0%	100	1	2	11.8%	2.0	3.20		yes	yes	HPC	Code 11942000; UPC 1-60001-19420-0; Case (96 count) UPC 100-16000-11942-7	1/21/25	X	X		
General Mills	Single Serve 1 oz Bowlpak, Apple Cinnamon Cheerios Gluten Free	1	28	WGR	110	2.0	16.4%	0.0	0.0%	130	2	6	21.2%	6.0	6.00	yes	yes	yes	HPC	Code 31879000; UPC 0-16000-31879-3; Case (96 count) UPC 100-16000-31879-0	3/10/25	X	X		X
General Mills	Single Serve 1 oz Bowlpak, Blueberry Chex Gluten Free	1	28	WGR	120	2.0	15.0%	0.0	0.0%	180	1	6.0	21.2%	6.0	6.00	yes	yes	yes		Code 18446000; UPC 1-6000-18446-6; Case (96 count) UPC 100-16000-18446-3	3/10/25	X	X		X
General Mills	Single Serve 1 oz Bowlpak, Cheerios Gluten Free	1	28	WGR	100	2.0	18.0%	0.0	0.0%	140	3	1	3.5%	1.0	1.00	yes	yes	yes	HPC	Code 32262000; UPC 0-16000-32262-2; Case (96 count) UPC 100-16000-32262-9	3/10/25	X	X	X	X
General Mills	Single Serve 1 oz Bowlpak, Cinnamon Corn Chex Gluten Free	1	28	WGR	110	2.0	16.4%	0.0	0.0%	160	1	6	21.2%	6.0	6.00	yes	yes	yes	HPC, Thurston	Code 38387000; UPC 1-60003-83876-3; Case (96 count) UPC 10-01600-038387-3	3/10/25	X	X		
General Mills	Single Serve 1 oz Bowlpak, Cinnamon Toast Crunch Cereal	1	28	WGR	110	3.0	24.5%	0.0	0.0%	160	4	6	21.2%	6.0	6.00	yes	yes	yes	HPC	Code 11815000; UPC 0-16000-11815-7; Case (96 count) UPC 100-16000-11815-4	3/10/25	X	X	X	
General Mills	Single Serve 1 oz Bowlpak, Cinnamon Toast Crunch Cereal 25% Less Sugar	1	28	WGR	110	3.0	24.5%	0.0	0.0%	160	4	6.0	21.2%	6.0	6.00	yes	yes	yes	HPC, Sysco CT Thurston	Code 29444000; UPC 0-16000-29444-8; Case (96 count) UPC 100-16000-29444-5	3/10/25	X	X	X	
General Mills	Single Serve 1 oz Bowlpak, Corn Chex Gluten Free	1	28	WGR	100	0.0	0.0%	0.0	0.0%	200	1	3	10.6%	3.0	3.00	yes	yes	yes	HPC, Thurston	Code 33213000; UPC 1-6000-33213-3; Case (96 count) UPC 1-001600-033213-0	3/10/25	X	X		
General Mills	Single Serve 1 oz Bowlpak, Honey Cheerios Gluten Free	1	28	WGR	110	2.0	16.4%	0.0	0.0%	170	2	6.0	21.2%	6.0	6.00	yes	yes	yes		Code 18447000; UPC 0-16000-18447-3; Case (96 count) UPC 100-16000-18447-0	3/10/25	X	X		X
General Mills	Single Serve 1 oz Bowlpak, Multigrain Cheerios	1	28	WGR	110	1.0	8.2%	0.0	0.0%	105	2	6	21.2%	6.0	6.00	yes	yes	yes	HPC, Jay Bee	Code 32263000; UPC 0-16000-32263-9; Case (96 count) UPC 100-16000-32263-6	3/10/25	X	X		X

List of Acceptable Foods and Beverages

List 5: Cereals

List 5: Cereals includes commercial products that meet the CNS snacks category, such as ready-to-eat (RTE) cold breakfast cereals, granola, and hot breakfast cereals like oatmeal.

																					Better Choice Recommendations			
Manufacturer	Food item description	Package or serving size (ounces)	Weight (grams [g])	General Standard met: 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	Calories: ≤200	Fat (g)	% Calories from fat: ≤35%	Saturated fat (g)	% Calories from Saturated fat: <10%	Sodium (mg): ≤200 mg	Fiber (g)	Total sugars (g): ≤15 g	% Sugars by weight: ≤35%	Added sugars (g): ≤15 g	Effective July 1, 2025: ≤ 6 g added sugars per ounce	Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	Standard met: No chemically altered fat substitutes	Standard met: No caffeine	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain (applies only if contains grains
General Mills	Single Serve 1 oz Bowlpak, Trix 25% Less Sugar	1	28	WGR	110	2.0	16.4%	0.0	0.0%	160	2	6	21.2%	6.0	6.00	yes	yes	yes	Sysco CT, Thurston	Code 31922000; UPC 0-16000-31922-6; Case (96 count) UPC 100-16000-31922-3	3/10/25		X		
General Mills	Single Serve 1.06 oz Bowlpak, Cocoa Puffs 25% Less Sugar	1.063	30	WGR	120	2.0	15.0%	0.0	0.0%	125	2	6	19.9%	6.0	5.64	yes	yes	yes	Sysco CT, Thurston	Code 31888000; UPC 0-16000-31888-5; Case (96 count) UPC 100-16000-31888-2	3/10/25	X	X		
Global Food Solutions	Right Start Foods Apple Cinnamon Granola (IW), 1 oz packet	1	28	WGR	125	3	21.6%	0.0	0.0%	0	2	5.0	17.6%	3.0	3.00	yes	yes	yes	American Patriot Sales	Code RS-0106; Case (350 count) UPC 108-19716-01251-4	12/19/23	X	X	X	
Global Food Solutions	Right Start Foods Blueberry Granola (IW), 1 oz packet	1	28	WGR	125	3	21.6%	0.0	0.0%	0	2	5.0	17.6%	3.0	3.00	yes	yes	yes	American Patriot Sales	Code RS-0104; Case (350 count) UPC 108-19716-01250-7	12/19/23	X	X	X	
Jeff's Granola	Cinnamon and Raisin Granola, 1 oz bag	1	28	WGR	120	3.5	26.3%	0.0	0.0%	35	2	7	24.7%	4.0	4.00	yes	yes	yes	Thurston	UPC 6-42057-45163-; Case (150 count) UPC 6-42057-45721-7	1/31/24	X	X		
Pepsico	Quaker Instant Oatmeal, Apples and Cinnamon, 1.51 oz packet	1.51	43	WGR	160	2.0	11.3%	0.0	0.0%	160	4	11	25.7%	8.0	5.30	yes	yes	yes	Gordon Food Service, HPC, Thurston, Sysco CT	Code 56729; UPC 0-30000-56729-6; Case (12 boxes of 10 count) UPC 003-30000-56729-6	12/19/23	X	X	X	
Pepsico	Quaker Instant Oatmeal, Original, 0.98 oz packet	0.98	28	WGR	100	2.0	18.0%	0.5	4.5%	75	3	0.0	0.0%	0.0	0.00	yes	yes	yes	Gordon Food Service, HPC, Thurston, Sysco CT	UPC 0-30000-43661-5; Case (48 count) UPC 100-30000-43661-2	12/19/23	X	X	X	X
Post Consumer Brands, LLC	Frosted Shredded Wheat Blueberry Cereal, 1 oz bowl pack	1	28	WGR	100	0.5	4.5%	0.0	0.0%	0	5	6	21.2%	5.0	5.00	yes	yes	yes	HPC, Thurston	Item 27154; UPC 0-42400-27154-9; Case (96 count) UPC 100-42400-27154-6	12/19/23				
Post Consumer Brands, LLC	Frosted Shredded Wheat Cereal, 1 oz bowl pack	1	28	WGR	100	0.5	4.5%	0.0	0.0%	0	3	6	21.2%	6.0	6.00	yes	yes	yes	HPC, Thurston	Item 27177; UPC 0-42400-27177-8; Case (96 count) UPC 100-42400-27177-5	12/19/23				
Post Consumer Brands, LLC	Frosted Shredded Wheat Strawberry Cereal, 1 oz bowl pack	1	28	WGR	100	0.5	4.5%	0.0	0.0%	0	5	6	21.2%	6.0	6.00	yes	yes	yes	HPC, Thurston	Item 27150; UPC 0-42400-27150-1; Case (96 count) UPC 100-42400-27150-8	12/19/23				
Post Consumer Brands, LLC	Honey Bunches of Oats Honey Crunch, 1 oz small bowl pack	1	28	WGR	100	1.5	13.5%	0.0	0.0%	65	2	5	17.6%	5.0	5.00	yes	yes	yes	HPC, Thurston	UPC 8-84912-27315-4; Case (96 count) UPC 108-84912-27315-1	12/19/23	X	X		X
Post Consumer Brands, LLC	Malt-O-Meal Cinnamon Toasters Cereal, 1 oz bowl pack	1	28	WGR	120	4.0	30.0%	0.0	0.0%	150	1	6	21.2%	6.0	6.00	yes	yes	yes	HPC, Thurston	Item 03915; UPC 0-42400-03915-0; Case (96 count) UPC 100-42400-03915-7	6/9/25	X	X		
Post Consumer Brands, LLC	Malt-O-Meal Honey Scooters Cereal, 1 oz bowl pack	1	28	WGR	110	1.5	12.3%	0.0	0.0%	170	2	6	21.2%	6.0	6.00	yes	yes	yes	HPC, Thurston	Item 27597; UPC 0-42400-29597-8; Case (96 count) UPC 100-42400-29597-5	12/19/23				
Post Consumer Brands, LLC	Malt-O-Meal Scooters Cereal, 1 oz bowl pack	1	28	WGR	110	1.5	12.3%	0.0	0.0%	140	3	0	0.0%	0.0	0.00	yes	yes	yes	HPC, Thurston	Item 27164; UPC 0-42400-27164-2; Case (96 count) UPC 100-42400-27164-9	12/19/23				

List of Acceptable Foods and Beverages

List 5: Cereals

List 5: Cereals includes commercial products that meet the CNS snacks category, such as ready-to-eat (RTE) cold breakfast cereals, granola, and hot breakfast cereals like oatmeal.

																					Better Choice Recommendations			
Manufacturer	Food item description	Package or serving size (ounces)	Weight (grams [g])	General Standard met: 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	Calories: ≤200	Fat (g)	% Calories from fat: ≤35%	Saturated fat (g)	% Calories from Saturated fat: <10%	Sodium (mg): ≤200 mg	Fiber (g)	Total sugars (g): ≤15 g	% Sugars by weight: ≤35%	Added sugars (g): ≤15 g	Effective July 1, 2025: ≤ 6 g added sugars per ounce	Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	Standard met: No chemically altered fat substitutes	Standard met: No caffeine	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain (applies only if contains grains
Tarrier Foods Corporation	Rockin' ola Granola Bowl, Chocolate Flavor, 1/2 cup bowl pack	1.55	44	WGR	180	4.5	22.5%	0.5	2.5%	0	4	9	20.5%	9.0	5.81	yes	yes	yes	Driscoll, Gordon Food Service, Key Impact,Thurston	Code 4308; UPC 8-53778-00430-8; Case (48 count) UPC 108-53778-00430-8	1/3/24	X	X	X	X
Tarrier Foods Corporation	Rockin' ola Granola Bowl, Cinnamon Flavor, 1/2 cup bowl pack	1.55	44	WGR	180	4.0	20.0%	0.5	2.5%	0	4	9	20.5%	9.0	5.81	yes	yes	yes	Driscoll, Gordon Food Service, Key Impact,Thurston	Code 4322; UPC 8-53778-00432-2; Case (48 count) UPC 108-53778-00432-2	1/3/24	X	X	X	X
Tarrier Foods Corporation	Rockin' ola Granola Bowl, Strawberry Flavor, 1/2 cup bowl pack	1.55	44	WGR	180	4.5	22.5%	0.5	2.5%	0	4	9	20.5%	9.0	5.81	yes	yes	yes	Driscoll, Gordon Food Service, Key Impact,Thurston	Code 4315; UPC 8-53778-00431-5; Case (48 count) UPC 108-53778-00431-5	1/3/24	X	X	X	X
Tarrier Foods Corporation	Rockin' ola Granola Chocolate Flavored Granola Clusters with Mini Marshmallows, 1.1 oz pouch	1.1	30	WGR	130	3.0	20.8%	0.0	0.0%	45	2	6	20.0%	6.0	5.45	yes	yes	yes	Driscoll, Gordon Food Service, Thurston,	Code 4070; Case (250 count) UPC 108-53778-00407-0	1/3/24	X	X		X
Tarrier Foods Corporation	Rockin' ola Granola Chocolate Flavored Granola Clusters, 1 oz pouch	1	30	WGR	120	2.5	18.8%	0.0	0.0%	45	2	6	20.0%		0.00	yes	yes	yes	Driscoll, Gordon Food Service, Thurston,	Code 4100; Case (250 count) UPC 108-53778-00410-0	1/3/24	X	X		X
Tarrier Foods Corporation	Rockin' ola Granola Cinnamon Flavored Granola Clusters, 1 oz pouch	1	28	WGR	120	2.5	18.8%	0.0	0.0%	0	2	6	21.4%	6.0	6.00	yes	yes	yes	Driscoll, Gordon Food Service, Thurston,	Code 4209; Case (250 count) UPC 108-53778-00420-9	1/3/24	X	X		X
Tarrier Foods Corporation	Rockin' ola Granola Strawberry Flavored Granola Clusters with Mini Marshmallows, 1.1 oz pouch	1.1	30	WGR	130	2.5	17.3%	0.0	0.0%	0	2	6	20.0%	5.0	4.55	yes	yes	yes	Driscoll, Gordon Food Service, Thurston,	Code 4087; Case (250 count) UPC 108-53778-00408-7	1/3/24	X	X		X
Tarrier Foods Corporation	Rockin' ola Granola Strawberry Flavored Granola Clusters, 1 oz pouch	1	28	WGR	120	2.5	18.8%	0.0	0.0%	0	2	6	21.4%	5.0	5.00	yes	yes	yes	Driscoll, Gordon Food Service, Thurston,	Code 4094;Case (250 count) UPC 108-53778-00409-4	1/3/24	X	X		X
Tarrier Foods Corporation	Rockin' ola PRO Protein Granola with Sunflower Seeds, 1.5 oz pouch	1.5	44	WGR	180	6.0	30.0%	0.5	2.5%	0	4	8	18.2%	7.0	4.67	yes	yes	yes	Driscoll, Gordon Food Service, Thurston,	Code 4223; Case (175 count) UPC 108-53778-00422-3	1/3/24	X	X	X	X
WK Kellogg Co	Kellogg's Cinnamon Flakes Multi-Grain Cereal for Schools Bowl Pack, 1 oz bowl	1	28	WGR	100	0.0	0.0%	0.0	0.0%	180	2	6	21.2%	6.0	6.00	yes	yes	yes	Sysco, Thurston	Code 3800078786; UPC 0-38000-92934-2; Case (96 count) UPC 000-38000-78786-7	1/9/24	X	X		
WK Kellogg Co	Kellogg's Frosted Flakes Multi-Grain Cereal for Schools Bowl Pack, 1 oz bowl	1	28	WGR	100	0.0	0.0%	0.0	0.0%	170	2	6	21.2%	6.0	6.00	yes	yes	yes	HPC, Roma, Sysco CT, Thurston	Code 3800054998; UPC 0-38000-55003-4; Case (96 count) UPC 000-38000-54998-4	1/9/24	X	X		
WK Kellogg Co	Kellogg's Frosted Flakes Multi-Grain Cereal for Schools Pouch, 1 oz pouch	1	28	WGR	100	0.0	0.0%	0.0	0.0%	170	2	6	21.2%	6.0	6.00	yes	yes	yes	Sysco, Thurston	Code 3800011465; UPC 0-38000-11466-3; Case (96 count) UPC 000-38000-11465-6	1/9/24	X	X		
WK Kellogg Co	Kellogg's Frosted Mini Wheats Original Bite Size Cereal Bowl Pack, 1 oz bowl	1	28	WGR	100	0.5	4.5%	0.0	0.0%	0	3	6	21.2%	6.0	6.00	yes	yes	yes	HPC, Roma, Sysco CT, Thurston	Code 3800004996; UPC 0-38000-04961-3; Case (96 count) UPC 000-38000-04996-5	3/10/25	X	X	X	X

List 5: Cereals

List 5: Cereals includes commercial products that meet the CNS snacks category, such as ready-to-eat (RTE) cold breakfast cereals, granola, and hot breakfast cereals like oatmeal.

																						Better Choice Recommendations			
Manufacturer	Food item description	Package or serving size (ounces)	Weight (grams [g])	General Standard met: 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	Calories: ≤200	Fat (g)	% Calories from fat: ≤35%	Saturated fat (g)	% Calories from Saturated fat: <10%	Sodium (mg): ≤200 mg	Fiber (g)	Total sugars (g): ≤15 g	% Sugars by weight: ≤35%	Added sugars (g): ≤15 g	Effective July 1, 2025: ≤ 6 g added sugars per ounce	Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	Standard met: No chemically altered fat substitutes	Standard met: No caffeine	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain (applies only if contains grains
WK Kellogg Co	Kellogg's Raisin Bran Original cereal Bowl Pack, 1.25 oz bowl	1.25	35	WGR	110	0.5	4.1%	0.0	0.0%	120	4	10	28.2%	5.0	4.00	yes	yes	yes	HPC, Roma, Sysco CT, Thurston	Code 3800000896; UPC 0-38000-00861-0; Case (96 count) UPC 000-38000-00896-2	1/9/24	X	X	X	