Wisconsin WIC Approved Whole Grains

Foods listed below meet CACFP whole grain rich (WGR) criteria.

BREADS, BUNS, ROLLS

Any brand labeled "100% Whole Wheat" and lists whole wheat flour as the first ingredient.

Allowed brands:

- Aunt Millie's bread
- Beigel's Windmill Farms bread
- Best Choice bread
- Bimbo bread
- Brownberry bread and buns
- Butternut bread
- Country Hearth bread
- Food Club bread
- Great Value bread and buns
- Hy-Vee bread
- IGA whole wheat bread
- Kroger bread and buns
- Lewis Bake Shop bread
- Our Family bread
- Pepperidge Farm bread and buns
- Private Selection bread
- S. Rosen bread
- Sara Lee bread
- Schnuck's bread
- SunnyBrook bread
- Village Hearth bread and buns

WHOLE WHEAT PASTA

Any shape pasta

Only the following brands labeled "Whole Wheat" or "100% Whole Wheat":

- Barilla (Whole Grain)
- Essential Everyday
- Food Club
- Gia Russa
- Good and Gather
- Great Value
- Heartland
- Hy-Vee
- Kroger
- Our Family
- Racconto
- Ronzoni 100% Whole Grain

TORTILLAS / WRAPS
WHOLE WHEAT

Only the following brands labeled "Whole Wheat" or "100% Whole Wheat" :

- Best Choice
- Bucky Badger
- Chi-Chi's
- Don Pancho
- Essential Everyday
- Food Club
- Frescados
- Great Value
- Hy-Vee
- IGA
- Kroger
- La Bandertia
- Market Pantry
- Mission
- Ortego
- Our Family
- Tio Santi

TORTILLAS / WRAPS
WHITE OR YELLOW SOFT CORN

Only the following brands labeled "White Corn" or "Yellow Corn":

- Best Choice
- Bucky Badger
- Chi-Chi's
- El Ray
- Essential Everyday
- Food Club
- Frescados
- Hy-Vee
- IGA
- La Bandertia
- La Burrita
- Mission
- Our Family

OATS/OATMEAL

- Plain, any brand
- Quick
- Old fashioned
- Gluten free

BROWN RICE

- Any brand, dry
- Plain brown rice without added herbs, seasonings, or beans
- Regular, instant, and boil-in-bag type

Rev. 12/2022 (WIC approved foods 11/1/22-10/31/25)