













LIFE CEREAL					
	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
	Original	Under 4yrs = 21g	4g	YES	NO
		Over 4yrs = 32g	6g		
	Cinnamon	32g	8g	NO	NOT CREDITABLE
	Vanilla	32g	6g	YES	NO
	Pumpkin Spice	32g	6g	YES	NO
OATMEAL SQUARES					
	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
	Brown Sugar	56g	9g	YES	YES
	Cinnamon	56g	9g	YES	NO

*Disclaimer: the nutrition information for these lists was compiled using available information from manufacturer websites. Partners in Quality Care has published these lists as a resource and is not liable for any errors. CACFP operators are encouraged to use the original package labels.

	Golden Maple	56g	9g	YES	YES
	Honey Nut	56g	9g	YES	YES







REAL MEDLEYS® GRANOLA

	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
	Dark Chocolate Cranberry Almond	60g	17g	NO	NOT CREDITABLE
	Summer Berry	52g	14g	NO	NOT CREDITABLE
	Cinnamon Apple Walnut	52g	13g	NO	NOT CREDITABLE
	Blueberry Pecan	52g	13g	NO	NOT CREDITABLE

REAL MEDLEYS® CEREAL

	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
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	Cherry Almond Pecan	56g	15g	NO	NOT CREDITABLE
	Peach Apple Walnut	56g	14g	NO	NOT CREDITABLE
GRANOLA					
	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
	Apple, Cranberry, And Almond	49g	13g	NO	NOT CREDITABLE
	Oats, Honey, And Almonds	48g	10g	YES	YES
	Oats, Honey, Raisins, And Almonds	51g	13g	NO	NOT CREDITABLE
PUFFED WHEAT					
	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
	Puffed Rice	14g	0g	YES	NO

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	Puffed Wheat	15g	0g	YES	NO
CEREALS					
	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
	King Vitamin	31g	6g	YES	NO
	Corn Bran Crunch	27g	6g	NO	NOT CREDITABLE
	Quisp	27g	12g	NO	NOT CREDITABLE

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