

Ideas for Incorporating Whole Grain Food Products Into the Child Nutrition Programs

- **Whole grain ready-to-eat cereals**
- **Whole grain cooked breakfast cereals**
- **Granola made from whole grains**
- **Whole grain cereal or granola bars**
- **Whole grain pancakes or waffles**
- **Whole grain bagels**
- **Whole grain muffins**
- **Whole wheat breads, rolls, or buns**
- **Other whole grain breads, rolls, or buns**
- **Whole grain tortillas, taco shells**
- **Whole grain chips/pretzels**
- **Whole grain pita pockets**
- **Whole grain cornbread**
- **Whole grain crackers**
- **Whole grain cookies**
- **Whole grain side dishes [e.g., brown rice, wild rice, bulgur (cracked wheat), whole grain barley, whole specialty grains]**
- **Whole wheat pasta, such as macaroni, spaghetti, vermicelli**
- **Whole grain noodles**
- **Whole grain salads [bulgur (cracked wheat), whole specialty grains]**
- **Other uses of whole grains (soups, casseroles, combination dishes)**
- **Soba noodles (with whole buckwheat flour as primary ingredient)**



Adapted from Montana Team Nutrition Program