

Hot and Cold Cereals

can be eaten on their own, used in baking and added to fresh recipes like parfaits.



We've put together a list of easy-to-find cereals that fit the MB School Nutrition Guidelines:

Breakfast Cereals

All-Bran (Flakes, Multi-Grain Crunch) - Kellogg's

Special K (Vanilla Almond) - Kellogg's

Cheerios (Original, Multigrain) - General Mills

Chex (Regular, Chocolate, Cinnamon, Blueberry)- General Mills

Honey Almond Granola (Club pack) - no name

Wheat Squares- President's Choice

Just Right (Original) - Kellogg's

Life (Original) - Quaker

Muffets (Shredded Wheat) - Quaker

Oatmeal Squares (Original) - Quaker

Puffed Wheat (Original) - Quaker

Shredded Wheat (Big Biscuit, Original/ Wheat + bran spoon size, Dark chocolate) - Post

Oatmeal

Rolled and Quick Oats - the best option as they require a shorter cooking time. Enhance the flavour with your choice of add-ins (see side column).

Steel Cut Oats - the least processed but require the longest cooking time.

Flavoured Oatmeal Packages - Check the label. Often contain higher amounts of sugar, salt and sugar substitutes.

Homemade Oatmeal Packets

Make to serve right away or keep as a "grab and go" for older students.

- 1) mix 1/4 cup of plain oats with your choice of add-ins.
- 2) add 1/2 cup of boiling water. Let sit for 1-2 minutes, stir and serve OR add 1/2 cup of cold water. Microwave for 1 minute, stir and serve.

Breakfast Program Guidelines:

✓ Consider offering at least 3 different types of breakfast cereal per week, with one being hot cereal.

Reading Labels:

Cereals should contain a whole grain as the first ingredient. Examples of whole grains include whole wheat, brown rice, and oats.

Add-ins:

Dried or fresh fruits

-blueberries, bananas, apples, pineapple, raisins, coconut, etc.

Yogurt

Nut/seed butters

Cinnamon

Ginger

Seeds- chia, flax, pumpkin, hemp, etc.

Oat bran

Maple syrup

Brown sugar



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