

Cereal: Flakes, Rounds or Puffed

The Child and Adult Food Program (CACFP) meal patterns effective October 1, 2017 categorizes ready-to-eat breakfast cereals as flakes, rounds, puffed, and granola. The minimum serving size as indicated on the [meal patterns](#) is different depending on the category of cereal and if serving children or adults.

Most cereals will fall under flakes or rounds and will be labeled as such. Bran Flakes are an example of flakes while Cheerios are an example of rounds and Kix are an example of puffed cereal. Following are more examples of cereals and if they are categorized as flakes, rounds, puffed cereal or granola.

Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)	
Flakes	<ul style="list-style-type: none"> • Bran Flakes • Corn Flakes • Fiber One • Great Grains Banana Nut Crunch • Honey Bunches of Oats • Mini Spooners • Mini Wheats • Oatmeal Squares • Shredded Wheat • Special K • Total • Wheaties
Rounds	<ul style="list-style-type: none"> • Alpha-Bits • Cheerios • Crispy Oats • Tasteeos • Toasted Oats
Puffed Cereal	<ul style="list-style-type: none"> • Chex Cereal (Corn, Rice, Wheat) • Crispix • Crispy Rice • Kix • Life • Rice Krispies
Granola	<ul style="list-style-type: none"> • Grape Nuts

Until October 1, 2019, you have the option of using the old minimum serving size for any type of ready-to-eat breakfast cereal which is $\frac{1}{4}$ cup for children ages 1-2, $\frac{1}{3}$ cup for children ages 3-5, $\frac{3}{4}$ cup for children 6-12; and 1 $\frac{1}{2}$ cups for adults.