

Wisconsin WIC Approved Whole Grains

BREADS • BUNS • ROLLS

ALLOWED

- 100% whole wheat bread, buns and rolls

Examples of allowed brands:

- Any store brand (ex. *Food Club, Our Family*)
- Bimbo, Butternut, or Family Choice Bread
- Brownberry (*Burger and Hot Dog Rolls*)
- Healthy Life (*Sandwich and Hot Dog Buns*)
- Pepperidge Farm Bread (*Stone Ground, Very Thin Sliced, 100% Whole Wheat Cinnamon with Raisin Swirl*)
- Sara Lee Bread (*Classic*)
- Village Hearth Bread



WHOLE WHEAT PASTA

ALLOWED

- 100% whole wheat
- Any shape

Only the following brands are allowed:

- | | |
|----------------------|----------------------------|
| • Barilla | • Hy-Vee |
| • Essential Everyday | • Kroger |
| • Gia Russa | • Racconto |
| • Great Value | • Shurfine |
| • Hodgson Mill | • Ronzoni 100% Whole Grain |



BROWN RICE

ALLOWED

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



TORTILLAS • WRAPS

ALLOWED

- White or yellow soft corn
- 100% whole wheat

Only the following brands are allowed:

Corn

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|----------------------|----------------|
| • Best Choice | • Hy-Vee |
| • Bucky Badger | • La Banderita |
| • Chi-Chi's | • La Burrita |
| • Don Pancho | • Mission |
| • El Rey | • Shurfine |
| • Essential Everyday | |
| • Food Club | |



100% Whole Wheat

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|----------------------|--------------|
| • Best Choice | • Meijer |
| • Don Pancho | • Mission |
| • Essential Everyday | • Ortega |
| • Food Club | • Our Family |
| • Frescados | • Roundy's |
| • Great Value | • Schnucks |
| • Herdez | • Shurfine |
| • IGA | • Ti Santi |
| • Kroger | |
| • La Bandertia | |

