

Approved Grain Products for Rhode Island Nutrition Requirements (RINR)

Each product item listed meets the *Rhode Island Nutrition Requirements (RINR) for grain products with 51% or more whole grains or 100% whole grains. In addition, all products meet the RINR grain standards of not more than 30% of calories from fat, not more than 10% of calories from saturated fat and 0 grams of trans fat, not more than 7 gm. per ounce of sugar and no artificial sweeteners or sugar alcohols.*

This list was developed by Kids First and is currently maintained by Kids First. Please notify us, should you find that a product on this list no longer meets RINR criteria. Also, please do not hesitate to contact us and ask us to review specific products for approval and addition to this list.

Please direct all of your comments/inquiries to:
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Updated 5/3/10

Company name	Product Name	Flavor(s)	Distributor:	
Bagel				
100 % Whole Grain				
<input checked="" type="checkbox"/>	Lender's	Whole Wheat Bagels 113g	Whole Wheat Bagels	hall
<input checked="" type="checkbox"/>	Lender's	Whole Wheat Bagels 57g	Whole Wheat Bagels	hall
<input checked="" type="checkbox"/>	Lender's	Whole Wheat Bagels 94g	Whole Wheat Bagels	hall
Bread				
100 % Whole Grain				
<input type="checkbox"/>	Calise Bakery	Wheat Breadsticks	Wheat Breadsticks	cali
<input type="checkbox"/>	Calise Bakery	Wheat French Stick	Wheat French Stick	cali
<input type="checkbox"/>	Calise Bakery	Wheat Italian Bread	Wheat Italian Bread	cali
<input type="checkbox"/>	Calise Bakery	Wheat Jr. Torpedo Slice	Wheat Jr. Torpedo Slice	cali
<input checked="" type="checkbox"/>	Calise Bakery	Wheat Vienna	Wheat Vienna	cali
<input type="checkbox"/>	Flowers Bakeries	Mountain Farms	Pullman	pinn
Breakfast Bun/Tart				
100 % Whole Grain				
<input type="checkbox"/>	Bake Crafters	Breakfast Bun	Whole Grain #1949	cost, pfgs, thur, bake1
<input type="checkbox"/>	Pop-Tarts	Whole Grain	Strawberry	pfgs
<input type="checkbox"/>	Simply Blue	Mini Whole Wheat Breakfast Bun	Mini Whole Wheat Breakfast Bun 51%	cott
<input type="checkbox"/>	Super Bakery	Ultra Whole Wheat	Baked Cinnamon Bun	fusi
Cereal				
100 % Whole Grain				
<input checked="" type="checkbox"/>	Country Choice	Instant Oatmeal	Original	unif
<input type="checkbox"/>	Country Choice	Oatmeal	Maple	unit
<input type="checkbox"/>	Country Choice	Oatmeal	Original	unit
<input type="checkbox"/>	General Mills	Cheerios	Bowlpak	gene
<input type="checkbox"/>	General Mills	Cheerios	Cereal in a Cup	gene
<input type="checkbox"/>	General Mills	Honey Kix	Bowlpak	gene

	Company name	Product Name	Flavor(s)	Distributor:
<input type="checkbox"/>	General Mills	Multi Grain Cheerios	Cereal	gene
<input checked="" type="checkbox"/>	General Mills	Total	Bowlpak	gene, unfo
<input type="checkbox"/>	General Mills	Total Raisin Bran	Bowlpak	gene
<input checked="" type="checkbox"/>	General Mills	Wheaties	Bowlpak	gene, usfo
<input type="checkbox"/>	Kashi	Granola	Mountain Medley	cost, hall, thur,pfgs
<input type="checkbox"/>	Kashi	Granola	Orchard Spice	cost, hall, thur,pfgs
<input type="checkbox"/>	Kashi	Mighty Bites	Cinnamon	cost, hall, thur,pfgs
<input type="checkbox"/>	Kashi	Mighty Bites	Honey Crunch	cost, hall, thur,pfgs
<input type="checkbox"/>	Kashi	Mighty Bites	Honey Crunch	cost, hall, thur,pfgs
<input type="checkbox"/>	Kellogg's	All Bran Complete	Wheat Flakes	cost, hall, thur, pfgs, unfo
<input type="checkbox"/>	Kellogg's	Cruncheroo's	Cruncheroo's	cost, hall, thur, pfgs, unfo
<input checked="" type="checkbox"/>	Kellogg's	Frosted Mini-Wheats	Bite Size	cost, hall, thur, pfgs, unfo
<input type="checkbox"/>	Kellogg's	Raisin Bran	Raisin Bran	cost, hall, thur, pfgs, unfo
<input type="checkbox"/>	Malt-O-Meal	Healthy Start Bran Flakes	Healthy Start Bran Flakes	cott
<input type="checkbox"/>	Malt-O-Meal	Raisin Bran	Raisin Bran	cott
<input type="checkbox"/>	Malt-O-Meal	Toasty O's	Toasty O's	cott
<input type="checkbox"/>	Nature's Path	Flax Plus	Pumpkin Granola	unit, benc, cost
<input type="checkbox"/>	Nature's Path	Flax Plus	Raisin Bran	unit, benc, cost
<input type="checkbox"/>	Nature's Path	Oaty Bites	Shredded Oaty Bites	unit, benc, cost, nota
<input type="checkbox"/>	Nature's Path	Optimum Rebound	Banana-Flax-Almond	unit, benc, cost
<input checked="" type="checkbox"/>	Nature's Path	Organic Crispy Rice	Organic Crispy Rice	nota
<input type="checkbox"/>	Nature's Path	Synergy	8 Whole Grains	unit, benc, cost
<input type="checkbox"/>	Peace	Organic Essential 10	Organic Essential 10 55g	peac
<input type="checkbox"/>	Peace	Organic Hearty Raisin Bran	Organic Hearty Raisin Bran 55g	peac
<input type="checkbox"/>	Quaker	Life Cereal	Life Cereal	peps2
<input type="checkbox"/>	Quaker	Life Cereal	Portion Pack 1.09 oz.	peps2
<input checked="" type="checkbox"/>	US Mills	Erewhon Organic Instant Oatmeal	Apple Cinnamon	unit
<input checked="" type="checkbox"/>	US Mills	Erewhon Organic Instant Oatmeal	Cinnamon, Raisin & Date	unit
<input checked="" type="checkbox"/>	US Mills	Erewhon Organic Instant Oatmeal	Maple Spice	unit
<input checked="" type="checkbox"/>	US Mills	Erewhon Organic Instant Oatmeal	with added Oat Bran	unit

Cereal Bar

100 % Whole Grain

<input type="checkbox"/>	Amish Naturals	Granola Bar	Dark Chocolate	unit
<input type="checkbox"/>	Amish Naturals	Granola Bar	Fiber Rich Fruit & Nut	unit

	Company name	Product Name	Flavor(s)	Distributor:
<input type="checkbox"/>	Amish Naturals	Granola Bar	Fiber Rich Peanut Butter	unit
<input type="checkbox"/>	Amish Naturals	Granola Bar	Peanut Butter	unit
<input checked="" type="checkbox"/>	Country Choice	Oatmeal Bars	Apple Cinnamon 63g.	nota
<input checked="" type="checkbox"/>	Country Choice	Oatmeal Bars	Raisin 63g.	nota
<input type="checkbox"/>	Country Choice	Oatmeal on the Run	Apple Cinnamon 56g	unit
<input type="checkbox"/>	Country Choice	Oatmeal on the Run	Maple 56g	unit
<input type="checkbox"/>	Country Choice	Oatmeal on the Run	Oatmeal Raisin 56g	unit
<input type="checkbox"/>	Kashi	Chewy Granola Bar	Cherry Dark Chocolate	cost, hall, thur,pfgs
<input type="checkbox"/>	Kashi	Chewy Granola Bar	Honey Almond Flax	cost, hall, thur,pfgs
<input type="checkbox"/>	Kashi	Chewy Granola Bar	Peanut Peanut Butter	cost, hall, thur,pfgs
<input type="checkbox"/>	Kashi	Chewy Granola Bar	Pumpkin Spice Flax	cost, hall, thur,pfgs
<input type="checkbox"/>	Kashi	Chewy Granola Bar	Trail Mix	cost, hall, thur,pfgs
<input type="checkbox"/>	Kashi	Crunchy Granola Bar	Honey Toasted 7 Grain	cost, hall, thur,pfgs
<input type="checkbox"/>	Kashi	Crunchy Granola Bar	Roasted Almond Crunch	cost, hall, thur,pfgs
<input type="checkbox"/>	Nature's Choice	Cereal Bar	Apple Cinnamon	unit
<input type="checkbox"/>	Nature's Choice	Cereal Bar	Blueberry	unit
<input type="checkbox"/>	Nature's Choice	Cereal Bar	Cherry	unit
<input type="checkbox"/>	Nature's Choice	Cereal Bar	Raspberry	unit
<input type="checkbox"/>	Nature's Choice	Cereal Bar	Strawberry	unit
<input type="checkbox"/>	Nature's Choice	Cereal Bar	Triple Berry	unit
<input type="checkbox"/>	Quaker	Sweet & Salty Crunch Granola Bar	Honey Roasted Peanut	peps2
<input type="checkbox"/>	Quaker	Sweet & Salty Crunch Granola Bar	Oats, Nuts & Honey	peps2
<input checked="" type="checkbox"/>	Roman Meal	100% Whole Grain Snack Bar	Apple Cinnamon	roma
<input checked="" type="checkbox"/>	Roman Meal	100% Whole Grain Snack Bar	Cranberry Walnut	roma
<input checked="" type="checkbox"/>	Roman Meal	100% Whole Grain Snack Bar	Oatmeal Raisin	roma
<input type="checkbox"/>	Uncle Sam	Cereal Bars	Oatmeal Raisin	unit

Cookie

100 % Whole Grain

<input type="checkbox"/>	Best Maid Cookie Company	Chocolate Chip Cookie (wrapped) 70352	Chocolate Chip Cookie	cost
<input type="checkbox"/>	Best Maid Cookie Company	Chocolate Chip Dough 70371	Chocolate Chip Dough	cost
<input type="checkbox"/>	J & J Snack Foods	Belly Bears 28g	Chocolate Graham	cost,thur,orig,pfgs,warw
<input type="checkbox"/>	MJM	Bear Grahams	Apple Cinnamon #40300	pilg, orig
<input type="checkbox"/>	MJM	Bear Grahams	Lemon #43900	pilg, orig
<input type="checkbox"/>	MJM	Graham Cracker	Cinnamon #308150	pilg, orig

	Company name	Product Name	Flavor(s)	Distributor:
<input type="checkbox"/>	MJM	Graham Cracker	Honey with fiber #301150	pilg, orig
<input type="checkbox"/>	MJM	Graham Cracker	Low-Fat Honey #300150	pilg, orig
<input type="checkbox"/>	MJM	Tropical Treats	Orange #551150	pilg, orig
<input type="checkbox"/>	MJM	Waffle Grahams	Apple Cinnamon #42300	pilg, orig
<input type="checkbox"/>	MJM	Waffle Grahams	Blueberry #40600	pilg, orig
<input type="checkbox"/>	MJM	Waffle Grahams	Strawberry #40500	pilg, orig
<input checked="" type="checkbox"/>	Notables	Breakfast Buttons	Breakfast Buttons 9 oz.	nota

Cracker

100 % Whole Grain

<input type="checkbox"/>	Dr. Kracker	Snack Chips	Klassic 3 Seed	unit
<input type="checkbox"/>	Dr. Kracker	Snack Chips	Pumpkin Cheddar	unit
<input type="checkbox"/>	Dr. Kracker	Snack Chips	Seeded Spelt	unit
<input type="checkbox"/>	Dr. Kracker	Snack Chips	Seedlander	unit
<input type="checkbox"/>	Dr. Kracker	Snack Chips	Sunflower Cheddar	unit
<input type="checkbox"/>	Medora Snacks	Sotos	Cheese, Olive Oil & Lemon	unit
<input type="checkbox"/>	Medora Snacks	Sotos	Cinnamon Streusel	unit
<input type="checkbox"/>	Medora Snacks	Sotos	Sea Salt	unit
<input type="checkbox"/>	Mr. Krispers	Baked Rice Krisp	Sea Salt & Pepper	unit

English Muffin

100 % Whole Grain

<input type="checkbox"/>	Homestead Baking Co.	Whole White Wheat 60/40	English Muffin	home
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Loaf

100 % Whole Grain

<input type="checkbox"/>	Bake Crafters	Mini Loaf	Whole Grain Apple Cinnamon #413	cost, pfgs, thur, bake1
<input type="checkbox"/>	Bake Crafters	Mini Loaf	Whole Grain Banana #412	cost, pfgs, thur, bake1
<input type="checkbox"/>	JSB	Smart Choice	Blueberry Loaf	cott
<input type="checkbox"/>	JSB	Smart Choice	Chocolate Chip Loaf	cott

Muffin

100 % Whole Grain

<input checked="" type="checkbox"/>	Have Your Cake and Eat it Too	Bananaraisin with Oats	4oz muffin	warw
<input checked="" type="checkbox"/>	Have Your Cake and Eat it Too	Berry Mixed Up	2 oz muffin	warw
<input checked="" type="checkbox"/>	Have Your Cake and Eat it Too	Berry Very Blueberry	2 oz, 4oz muffin	warw
<input checked="" type="checkbox"/>	Have Your Cake and Eat it Too	Bluenanaberry	4 oz. muffin	warw
<input checked="" type="checkbox"/>	Have Your Cake and Eat it Too	Chocolate Covered Raisin	2 oz muffin	warw
<input checked="" type="checkbox"/>	Have Your Cake and Eat it Too	Razzleberry Corn	2 oz.	warw

Company name	Product Name	Flavor(s)	Distributor:	
<input checked="" type="checkbox"/>	Have Your Cake and Eat it Too	Spinyayams	2 oz.	warw
<input checked="" type="checkbox"/>	Have Your Cake and Eat it Too	Squashyalicious	2 oz, 4oz muffin	warw
<input type="checkbox"/>	JSB	Smart Choice	Apple Cinnamon Muffin	cott
<input type="checkbox"/>	JSB	Smart Choice	Banana Muffin	cott
<input type="checkbox"/>	JSB	Smart Choice	Blueberry Muffin	cott
<input type="checkbox"/>	JSB	Smart Choice	Chocolate Chip Muffin	cott
<input type="checkbox"/>	JSB	Smart Choice	Whole Grain Cornbread	cott

Pancakes

100 % Whole Grain

<input type="checkbox"/>	ConAgra Foods	Max Meals Pancakes	Cinnamon 94643-04442	benc
<input type="checkbox"/>	Pillsbury	Mini Pancakes	Maple Burst'n	hall
<input type="checkbox"/>	Pillsbury	Mini Pancakes	Strawberry Splash	hall

Pasta

100 % Whole Grain

<input type="checkbox"/>	Barilla Pasta	Whole Grain Pasta	Penne	yank
<input type="checkbox"/>	Barilla Pasta	Whole Grain Pasta	Rotini	yank
<input type="checkbox"/>	Barilla Pasta	Whole Grain Pasta	Spaghetti	yank
<input type="checkbox"/>	Barilla Pasta	Whole Grain Pasta	Thin Spaghetti	yank

Pizza Crust

100 % Whole Grain

<input type="checkbox"/>	Venice Bakery	Brown Rice Pizza Crust	Gluten Free	hall, usto, unif
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Pizza Crust/Shells

100 % Whole Grain

<input type="checkbox"/>	Federal Hill Pizza Company	Whole Wheat Dough	Whole Wheat Dough	mmab
<input type="checkbox"/>	Federal Hill Pizza Company	Whole Wheat Pizza Shell	Whole Wheat Pizza Shell	mmab
<input type="checkbox"/>	Rich's	White Wheat Crust	16" White Wheat Crust	hall

Pretzel

100 % Whole Grain

<input type="checkbox"/>	J & J Snack Food	Superpretzel 1 oz.	51% Whole Wheat Soft Pretzel	hall
<input type="checkbox"/>	J & J Snack Food	Superpretzel 2.5 oz.	51% Whole Wheat Soft Pretzel	hall
<input type="checkbox"/>	Super Snax	Pretzel Poppers made with Whole Grain	Blazin' Hot	benc, hall
<input type="checkbox"/>	Super Snax	Pretzel Poppers made with Whole Grain	Cheezy Nacho	benc, hall
<input type="checkbox"/>	Super Snax	Pretzel Poppers made with Whole Grain	Cool Ranch	benc, hall
<input type="checkbox"/>	Super Snax	Pretzel Poppers made with Whole Grain	Zesty Pizza	benc, hall

Company name	Product Name	Flavor(s)	Distributor:
Rice			
100 % Whole Grain			
<input checked="" type="checkbox"/> Producers Rice Mill, Inc	Brown Rice	Long grain parboiled brown rice	hall
Roll			
100 % Whole Grain			
<input type="checkbox"/> Calise Bakery	Small Wheat Bulkie	Small Wheat Bulkie	cali
<input type="checkbox"/> Calise Bakery	Wheat Hamburger Buns	Wheat Hamburger Buns	cali
<input type="checkbox"/> Flowers Bakeries	Mountain Farms	4" Hamburger Buns	pinn
<input type="checkbox"/> Flowers Bakeries	Mountain Farms	6" Hot Dog Buns	pinn
<input type="checkbox"/> Homestead Baking Co.	Whole White Wheat 60/40	Superior 5" Torpedo Roll	home
<input type="checkbox"/> Homestead Baking Co.	Whole White Wheat 60/40	Superior 6" Torpedo Roll	home
<input type="checkbox"/> Homestead Baking Co.	Whole White Wheat 60/40	Superior 8 " Sub Roll	home
<input type="checkbox"/> Homestead Baking Co.	Whole White Wheat 60/40	Superior French Stick	home
<input type="checkbox"/> Homestead Baking Co.	Whole White Wheat 60/40	Superior Kaizer Roll	home
Snack			
100 % Whole Grain			
<input type="checkbox"/> Pepperidge Farm	Goldfish	Cheddar with Whole Grain .75oz.	hall, pinn
<input type="checkbox"/> Super Snax	Made with Whole Grain	Cinnamon Toast Bites	benc, hall
Strudel			
100 % Whole Grain			
<input type="checkbox"/> Pillsbury	Frudel	Apple	hall
<input type="checkbox"/> Pillsbury	Frudel	Cherry	hall
Tortillas			
100 % Whole Grain			
<input type="checkbox"/> Mission	FS 8" Whole Wheat Tortillas 10411	FS 8" Whole Wheat Tortillas 10411	hall
Turnover			
100 % Whole Grain			
<input type="checkbox"/> Cutie Pie	Turnover	Apple	thur
<input type="checkbox"/> Cutie Pie	Turnover	Cherry	thur
<input type="checkbox"/> Cutie Pie	Turnover	Peach	thur
Wrap			
100 % Whole Grain			
<input checked="" type="checkbox"/> Boghosian Lavash	Whole Wheat Lavash	Whole Wheat Lavash	home
<input type="checkbox"/> Foster Farms	Whole Grain Pancake Wraps	Maple Flavored Mini Turkey	benc