

Cereal Options



Best Choice Bran Flakes Best Choice Corn Crisps Best Choice Frosted Shredded Wheat Bite Size Best Choice Happy O's



Best Choice Rice Crisps Best Choice Wheat Crisps General Mills Cinnamon Chex General Mills Vanilla Chex



General Mills Blueberry Chex General Mills Cheerios General Mills Corn Chex General Mills Berry Berry Kix



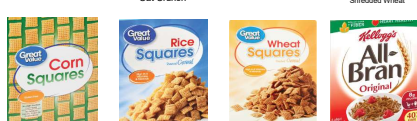
General Mills Honey Kix General Mills Kix General Mills Multi Grain Cheerios General Mills Rice Chex



General Mills Total 100% Whole Grain General Mills Wheat Chex General Mills Wheaties General Mills Fiber One Honey Clusters



Great Value Crunchy Nuggets Great Value Oat Crunch Great Value Bran Flakes Great Value Bite Size Frosted Wheat



Great Value Corn Squares Great Value Rice Squares Great Value Wheat Squares Kellogg's Complete All Bran

Cereal Options Continued



Kellogg's Frosted Mini Wheats Strawberry Kellogg's - Bite Size Frosted Mini Wheats Kellogg's - Little Bite Frosted Mini Wheats Kellogg's Frosted Mini Wheats Blueberry



Malt-O-Meal Frosted Mini Spooners Malt-O-Meal Strawberry Cream Mini Spooners Kellogg's Frosted Mini Wheats Chocolate Post Great Grains Crunchy Pecans



Post Great Grains Banana Nut Crunch Post Honey Bunches of Oats Vanilla Post Honey Bunches of Oats Whole Grain Post Grape-Nuts



Post Grape-Nuts Flakes Quaker Life Quaker Oatmeal Squares Golden Maple Quaker Oatmeal Squares Brown Sugar



Quaker Oatmeal Squares Cinnamon Quaker Oatmeal Squares Honey Nut Ralston Foods Oat Wise Ralston Foods Corn Biscuits



Ralston Foods Frosted Shredded Wheat Ralston Foods Rice Biscuits Ralston Foods Tasteos Ralston Foods Bran Flakes



Food Club Bran Flakes Food Club Corn Squares Food Club Bite Size Frosted Shredded Wheat Food Club Rice Squares

Cereal Options Continued



Food Club Toasted Oats Food Club Wheat Squares Sunbelt Bakery Simple Granola

Hot & Cold Cereals Allowed
12 oz. to 36 oz. size only
No Substitutions!



Cream of Rice 1 Minute Cream of Wheat 1 Minute Cream of Wheat 2 1/2 Minute Cream of Wheat 10 Minute



Cream of Wheat Instant Healthy Grain Cream of Wheat Whole Grain Malt-O-Meal Chocolate Malt-O-Meal Original



Quaker Instant Grits Quaker Instant Oatmeal

Peanut Butter

Peanut Butter - Any Brand
16 -18 oz. Size Only

Not Allowed: Omega-3, Organic, Added chocolate, honey, jelly or marshmallow



Quick Tip

Please save all receipts and make note of the lane number and cashier name in case there is any issue at the store. You can contact the WIC office at (918) 453-5589 with any problems or to report a lost or stolen card.

Milk Options



Least Cost Brand
White or Acidophilus
1% or Less Lowfat Milk

Gallon, 1/2 Gallon, and Quart

Cheese



Least Cost Brand (8,16 or 32 oz. Size Only)
Pasteurized Processed American Slices, 1/2 Moon, Block or Shredded Only of Cheddar, Colby, Colby Jack, Monterey Jack, Mozzarella, Muenster and Swiss
Not Allowed: Individually wrapped slices, deli, or processed cheese food

Real Cheese

Eggs



Eggs - Least Cost Brand
Dozen Medium or Large Grade A or AA (White & Brown)
Not Allowed: Cage free or low-cholesterol eggs

Fruit & Vegetable Options (Fresh or Frozen Only)



Any variety whole or cut without added sugar.
Bagged or prepackaged fruits without added dips.
Organic fruits.

Not Allowed:
No Added Fats, Oils or Sugars

No salad bar; fruit baskets; party trays; breaded vegetables; creamed or sauced vegetables; canned fruits or vegetables; fruit-nut mixtures; vegetable-grain mixtures (i.e. pasta, rice, etc.); herbs or spices (basil, bay leaves, chives, cilantro, oregano, parsley, etc.); edible blossoms and flowers (e.g. squash blossoms); ornamental and decorative fruits and vegetables (e.g. chili peppers on a string, or painted pumpkins).

Whole Grain Bread Options



16 oz Loaves Only

- Best Choice** - 100% Whole Wheat (UPC 070038311508)
- Bunny** - 100% Whole Wheat (UPC 024126008221)
- Mrs. Baird's** - 100% Whole Wheat (UPC 070870000615)
- Mrs Baird's** - Sugar Free Whole Grain Wheat (UPC 070870000677)
- Nature's Own** - 100% Whole Grain Sugar Free (UPC 072250017671)
- Nature's Own** - 100% Whole Wheat w/Real Honey (UPC 072250043199)
- Ozark Hearth** - 100% Whole Wheat (UPC 075551411919)
- Pepperidge Farm** - Cinnamon Raisin Swirl (UPC 014100085430)
- Pepperidge Farm** - Stone Ground (UPC 014100071013)
- Pepperidge Farm** - Very Thin Sliced (UPC 014100071327)
- Sara Lee** - 100% Whole Wheat (UPC 072945611030)
- Wonder** - 100% Whole Wheat (UPC 072250011365)

Additional Whole Grain Options



Whole Wheat Pasta 8 or 16 oz Only

Allegra - Spaghetti

- Barilla** - Angel Hair, Elbows, Linguine, Medium Shells, Penne, Rotini, Spaghetti & Thin Spaghetti
- Food Club** - Penne Rigate and Spaghetti
- Gia Russa** - Angel Hair, Lasagna, Linguine, Medium Shells, Penne Rigate, Roman Rigatoni, Rotini, Spaghetti & Thin Spaghetti
- Great Value** - Elbows, Linguine, Penne, Rotini, Spaghetti & Thin Spaghetti
- Hodgson Mill** - Angel Hair, Elbows, Lasagna, Spaghetti, Spinach Spaghetti, Spirals & Thin Spaghetti
- Racconto** - Capellini, Elbows, Farfalle, Linguine, Penne Rigate, Rigatoni, Rotini & Spaghetti
- Ronzoni Healthy Harvest** - Linguine, Penne Rigate, Rotini, Spaghetti & Thin Spaghetti

Additional Whole Grain Options



Whole Wheat Tortillas 16 oz Only

- Best Choice** - 100% Whole Wheat 16 oz (UPC 070038622369)
- Don Pancho** - Whole Wheat Taco Size 16 oz (UPC 079341026284)
- Food Club** - Whole Wheat Fajita Size 16 oz (UPC 036800220829)
- Great Value** - Whole Wheat Taco Size 16 oz (UPC 078742294797)
- Guerrero** - Whole Wheat Taco Size 16 oz (UPC 048564071074)
- La Bandierita** - Whole Wheat Fajita Size 16 oz (UPC 027331000486)
- Mama Lupe's** - 100% Whole Wheat Taco Size 16 oz (UPC 036035100804)
- Mi Casa** - Whole Wheat 16 oz (UPC 072250007603)
- Mission** - Whole Wheat Fajita Size 16 oz (UPC 073731071298)
- Mission** - Whole Wheat Taco Size 16 oz (UPC 073731071076)
- Native Tortilla** - 100% Whole Wheat 16 oz (UPC 089949000609)
- Ortega** - Whole Wheat 16 oz (UPC 041501009222)
- Santa Fe Tortilla Company** - Whole Wheat 16 oz (UPC 081896198996)
- Tia Santi** - 100% Whole Wheat Taco Size 16 oz (UPC 051933344143)

Additional Whole Grain Options

- (must have whole grain as primary ingredient by weight)
- Oatmeal** - Any Brand 16 oz only No Individual Packets
 - Brown Rice** - Any Brand 14 - 16 oz only
 - Bulgur** - Any Brand 16 oz only
 - Soft Corn Tortillas** - Any Brand 16 oz only

Cherokee Nation WIC is an equal opportunity provider

Lowfat & Nonfat Yogurt

32 oz. (Quart) or 2 x 16 oz. (4pk 4oz.) in Activia Only

16 oz. (4pk 4oz.) x 2 Options:

Activia - Black Cherry, Blueberry, Mango, Mixed Berry, Peach, Prune, Strawberry, Strawberry Banana, Vanilla Lowfat

Activia Lactose Free - Black Cherry, Peach, Strawberry, Vanilla

Activia Fruit on the Bottom - Blueberry & Blackberry, Cherry & Vanilla, Peach & Mango, Pineapple & Coconut, Strawberry & Raspberry Lowfat

Activia Light - Blueberry, Peach, Strawberry, Vanilla Nonfat



32 oz. (Quart) Options:

Best Choice - Strawberry, Vanilla Lowfat or Plain Nonfat

Dannon All Natural - Vanilla Lowfat or Plain Lowfat or Nonfat

Dannon Light & Fit - Strawberry, Vanilla Nonfat

Food Club - Vanilla or Plain Lowfat

Great Value - Peach, Strawberry, Strawberry Banana, Vanilla Lowfat or Plain, Vanilla Nonfat

Hiland - Peach, Strawberry, Vanilla Lowfat or Plain Nonfat

LALA - Mango, Mixed Berry, Peach, Pina Colada, Plain, Strawberry, Strawberry Banana Lowfat

Mountain High - Vanilla, Plain Lowfat or Nonfat

Yoplait - Blueberry, Harvest Peach, Strawberry, Strawberry Banana, Vanilla Lowfat or Plain Nonfat



Yoplait Kid 32 oz. Pack - Berry & Strawberry, Cotton Candy & Wild Berry, Strawberry Banana & Berry, Strawberry & Blueberry, Strawberry & Cotton Candy, Strawberry Banana & Raspberry, Strawberry Banana & Strawberry, Strawberry Banana - Reduced Sugar Lowfat

Best Choice Greek - Vanilla or Plain Nonfat

Chobani Greek - Plain Lowfat or Peach, Plain, Strawberry, Vanilla Nonfat

Dannon Light & Fit Greek - Vanilla, Plain Nonfat

Dannon Oikos Greek - Vanilla, Plain Nonfat

Dannon Oikos Triple Zero Greek - Strawberry, Vanilla Nonfat

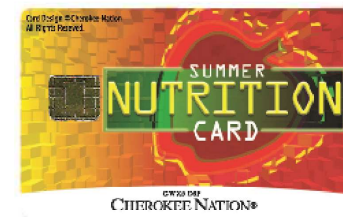
Food Club Greek - Vanilla, Plain Nonfat



GWYD DBF

CHEROKEE NATION®

Healthy Happy Kids
Summer Nutrition Program



Approved Food Brochure

Effective Summer 2021

Food selections may vary by store