We are excited to share the newest whole grain items available on WIC include:



100% Whole Wheat English Muffins



100% Whole Wheat Bagels



100% Whole Wheat Sandwich Thins



Quinoa

Please note- Brownberry Brand is now Orowheat and looks like this: OROWEAT

<u>Whole Grains Pasta</u>

Our Family Whole wheat spaghetti, whole wheat thin spaghetti, whole wheat penne rigate, whole wheat rotini.

RACCONTO Whole wheat capellini, whole wheat elbows, whole wheat farfalle, whole wheat linguine, whole wheat penne rigate, whole wheat rigatoni, whole wheat rotini, whole wheat spaghetti.

RONZONI 100% whole grain penne rigate, 100% whole grain spaghetti, 100% whole grain thin spaghetti, 100% whole grain rotini, 100% whole grain linguine.

Spartan Whole wheat penne rigate, whole wheat rotini, whole wheat spaghetti, whole wheat thin spaghetti.

true goodness by meijer Whole wheat capellini, whole wheat spaghetti.

AMERICA'S Choice CREATIONS Whole wheat spaghetti.

Barilla Whole grain rotini, whole grain medium shells, whole grain penne, whole grain elbows, whole grain thin spaghetti, whole grain linguine, whole grain angel hair, whole grain spaghetti.

Best Choice Whole wheat rotini, whole wheat spaghetti.

Essential EVERYDAY Whole wheat spaghetti, whole wheat macaroni, whole wheat elbow macaroni, whole wheat rotini, wheat penne rigate, whole wheat thin spaghetti, whole wheat vermicelli.



100% whole wheat penne rigate, 100% whole wheat rotini, 100% whole wheat spaghetti.

 100% whole wheat spaghetti, 100% whole wheat elbow macaroni, 100% whole wheat penne rigate, 100% whole wheat rotini.

 Whole wheat elbows, whole wheat linguine, whole wheat penne, whole wheat rotini, whole wheat spaghetti, whole wheat thin spaghetti.

 Whole wheat penne rigate, whole wheat rotini-tight, whole wheat thin spaghetti, whole wheat spaghetti.

 Whole wheat spaghetti, whole wheat capellini, whole wheat penne rigate, whole wheat rotini.

 100% whole wheat penne, 100% whole wheat rotini, 100% whole wheat spaghetti.

<u>Whole Grain Tortillas</u>

 Whole wheat tortillas

 Whole wheat flour soft taco, yellow corn tortillas , white corn tortillas.

 Corn, soft taco size whole wheat flour tortillas.

 Hand-made whole wheat fajita style corn.

Whole wheat authentic fajita style tortillas.

Yellow corn tortillas.

Corn, 100% whole wheat.

White corn, yellow corn, whole wheat flour.

White corn soft taco style, whole wheat fajita style.

White corn, whole wheat.

Soft white corn, whole wheat.

Whole wheat.

Whole wheat, 100% whole wheat.

6-inch white corn, whole wheat

Whole wheat.

Whole wheat, gluten free yellow corn.

6-inch yellow corn.

Corn, fajita whole wheat, yellow corn, whole wheat flour.

Corn

Corn, white corn, whole wheat.

Whole wheat

White corn, whole wheat, yellow corn extra thin.

Whole wheat

Whole Grain Buns

100% whole wheat buns, 100% whole wheat hot dog buns.

 100% whole wheat hoagie rolls, 100% whole wheat hot dog buns,

 100% whole wheat buns

Whole Grain Breads

 100% whole wheat.

 100% whole wheat, 100% whole grain sugar free, 100% whole wheat bread with honey.

 100% whole wheat.

 100% whole wheat.

 Farmhouse 100% whole wheat bread, light style soft wheat bread, very thin sliced 100% whole wheat, whole grain 100% whole wheat bread, whole grain 15 grain bread, whole grain honey whole wheat bread, whole grain oatmeal bread, whole grain rye seeded, 100% whole wheat cinnamon with raisins swirl bread. Whole grain thin sliced 15 grain bread Whole grain thin sliced whole wheat bread

Roman meal sungrain 100% whole wheat, 100% whole wheat, Hometown 100% whole wheat bread.

100% whole wheat

100% whole wheat

100% whole wheat rolls, 100% whole wheat bread

100% whole wheat

100% whole wheat

100% whole wheat

100% whole wheat bread, double fiber bread.

100% whole wheat.

100% whole wheat.

100% whole wheat.



100% whole wheat.



Sugar free 100% whole grain wheat, 100% whole grain whole wheat.



100% whole wheat.



Homestyle 100% whole wheat.



100% whole wheat.



100% whole wheat. Lewis Bake Shop 100% whole wheat bread half loaf.



100% whole wheat, whole grain white.



Healthy goodness whole grain white. Healthy goodness 100% whole wheat.



100% whole wheat



100% whole wheat.



100% whole wheat.



100% whole wheat.



Sara Lee 100% whole wheat bread.



Private Selection 100% whole wheat wide pan bread. Private Selection 100% whole wheat bread.

Brown Rice



Blue Ribbon whole grain brown rice.



Kroger long grain brown rice, Kroger boil in bag brown rice microwaveable. Kroger brown rice microwaveable.



Mahatma brown rice. Mahatma jasmine brown rice.



Meijer long grain natural brown rice.



Our family brown rice, Our Family instant brown rice.

Shurfine brown rice.

Spartan long grain brown rice

Success whole grain brown rice. Brown rice boil in bag.

Food Club instant brown rice.

Freedom's Choice instant brown rice.

Minute brown rice.

Whole Grain Oatmeal

IGA instant oatmeal regular 12 packets.

Quaker 3-minute oatmeal.