

Missouri WIC

Special Supplemental Nutrition Program
for Women, Infants and Children

Approved Breads & Tortillas



Effective Oct. 1, 2011 - Sept. 30, 2013

Whole Wheat/Whole Grain Breads (16 oz only)



Best Choice
100% Whole
Wheat



Bunny
100% Whole
Wheat



Healthy Life
100% Whole
Wheat/Whole
Grain



Hy Vee
100% Whole
Wheat



Nature's Own
100% Whole
Grain, Sugar Free



Ozark Hearth
100% Whole
Wheat



Roman Meal
100% Whole
Wheat



Sara Lee
Classic 100%
Whole Wheat



Schnucks
100% Whole
Wheat



Wonder
100% Soft
Whole Wheat



Grain Group
Make half your grains whole

Whole Wheat/Whole Grain Tortillas (16 oz only)



Best Choice
100% Whole
Wheat



Chi-Chi's
Whole Wheat



Don Pancho
Whole Wheat



Hy-Vee
Whole Wheat



IGA
Whole Wheat



La Banderita
Whole Wheat



Mission
Whole Wheat



Oretega
Whole Wheat



**Pride of
Kansas**
100% Whole
Wheat



Schnuck's
Whole Wheat



Shurfresh
Whole Wheat

Consuming at least three or more ounces of whole grains per day can reduce the risk of chronic disease and may help with weight maintenance.

Soft Corn Tortillas (16 oz only)



Best Choice
Corn



Don Pancho
White Corn



Hy Vee
White Corn



La Banderita
White Corn



La Burrita
Yellow Corn



Mission
Yellow Corn



Santa Fe
Yellow Corn



Santa Fe
White Corn



ShurFresh
Corn

For more information:
health.mo.gov/living/families/wic/index.php

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 1-800-392-8209.

Hearing- and speech-impaired citizens can dial 711.

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER
Services provided on a nondiscriminatory basis.

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WIC