

# Creditable Milks/Milk Substitutions in the Florida Child Care Food Program

## Creditable Milks

*The following milks may be served as part of a reimbursable meal with no extra documentation needed:*

- Breastmilk
- Pasteurized Cow or Goat Milk
- Lactose-Free or Lactose-Reduced Milk
- UHT (Ultra High Temperature) Milk
- Acidified or Cultured Milk
- Organic Milk

## Non-Creditable Non-Dairy Beverages

*These do not meet the USDA nutrient requirements and are not creditable without a completed Medical Statement.*

- Almond Milk
- Cashew Milk
- Coconut Milk
- Hemp Milk
- Oat Milk
- Rice Milk

## Milk Substitutions:

### Creditable Non-Dairy Beverages

#### What is a Creditable Non-Dairy Beverage?

Meets USDA nutrient standards for fluid milk substitutes and may be requested by either parent note or Dietary Preference Form.

Non-dairy beverages are not required to be low-fat or fat-free. When served to children 1-5 years old, they must be unflavored.

Nutrients (1 cup cow's milk)	Requirement per cup (8 fluid oz.)	% DV
Protein	8g	16%
Calcium	276mg	28%
Vitamin A	150mcg	10%
Vitamin D	2.5mcg	25%
Magnesium	24mg	6%
Phosphorus	222mg	23%
Potassium	349mg	10%
Riboflavin	.44mg	26%
Vitamin B-12	1.1mcg	19%

## Creditable Non-Dairy Beverages Approved for Use in the CCFP

Find these on store shelves:  
(shelf-stable)

For  
Children  
Ages 1-5  
(Unflavored  
Only)



Kikkoman Pearl  
Organic Soymilk  
Smart Original



Silk Original  
Soymilk



Pacific Ultra  
Soy Original



Ripple  
Original Dairy  
Free Milk



Sunrich  
Naturals  
Original  
Soymilk



Kikkoman  
Pearl Organic  
Soymilk  
Smart  
Vanilla



Kikkoman  
Pearl Organic  
Soymilk Smart  
Chocolate



Ripple  
Vanilla  
Dairy Free  
Milk



Ripple  
Chocolate  
Dairy Free  
Milk



Sunrich  
Naturals  
Soymilk  
Vanilla



Silk  
Soymilk  
Very  
Vanilla



Silk  
Soymilk  
Chocolate

Find these in the  
refrigerated  
section:



Silk  
Original  
Soymilk



Great  
Value  
Original  
Soymilk



8th  
Continent  
Soymilk  
Original



8th Continent  
Soymilk  
Vanilla

# Florida WIC Approved Cereal List for the Child Care Food Program 2025-2026

GF = Gluten Free

All cereals on this list meet CCFP sugar limits and are creditable to serve.

June 2025

## Whole Grain/Whole Grain-Rich Cereals



Cheerios GF



Cheerios Multi-Grain GF



Cheerios Veggie Blend Apple Strawberry GF



Cheerios Veggie Blend Blueberry Banana GF



Cheerios Hearty Nut Medley Maple Cinnamon



Oatmeal Squares Brown Sugar



Oatmeal Squares Honey Nut



Total



Chex Blueberry GF



Chex Cinnamon GF



Chex Corn GF



Chex Rice GF



Chex Wheat



Chex Strawberry Vanilla



Wheaties



Wheaties Protein Maple Almond



Wheaties Protein Honey Pecan



Kix



Complete Bran



Special K Protein Original Multi Grain



Special K Cinnamon Pecan



Grape Nuts Flakes



Grape Nuts



Life Original



Mighty Life Strawberry Blueberry Bliss



Mighty Life Vanilla



Frosted Mini-Wheats



Frosted Mini-Wheats Cocoa



Little Bites Original



Little Bites Chocolate



Frosted Mini-Wheats Blueberry



Frosted Mini-Wheats Strawberry



Frosted Mini-Wheats Pumpkin Pie Spice



Frosted Mini-Wheats Golden Honey



Frosted Mini-Wheats Cinnamon Roll



Great Grains Crunchy Pecan



Great Grains Cranberry Almond Crunch



Great Grains Red Berry Almond Crunch



Great Grains Raisins Dates Pecans



Great Grains Banana Nut



Raisin Bran Kelloggs



Bran Flakes



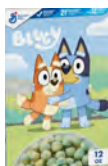
Raisin Bran Post



Frosted Mini-Spooners



Raisin Bran



Bluey Cereal



Instant Rolled Oats GF



Instant Oatmeal Original



Cream of Wheat Whole Grain

## Enriched Cereals



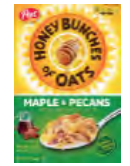
Rice Krispies



Special K Original



Crispix



Honey Bunches of Oats Maple Pecan



Honey Bunches of Oats Cinnamon Bunches



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats Vanilla



Honey Bunches of Oats with Almonds



Honey Bunches of Oats with Strawberries



Corn Flakes



Crispy Rice GF



Hot Wheat Original



Instant Grits Original



Farina Original



Iron Fortified Quick Grits



Cream of Rice Instant GF



Cream of Rice 2 1/2 minute



Cream of Wheat Original 2 1/2 minute



Cream of Wheat Original 1 minute



Cream of Wheat Original Instant

## Any store brand or Ralston Foods brand

### WHOLE GRAIN/WHOLE GRAIN-RICH CEREALS

Bran Flakes  
Wheat Flakes  
Multigrain Flakes  
Frosted Shredded Wheat/Frosted Wheat  
Instant Oatmeal - Original/Regular  
MultiGrain Medley, Tasteos, Spins or Toasted Cereal  
Nutty Nuggets/Crunchy Nuggets/Crunchy Wheat  
Oat Crunch/Oat Wise/Oat Squares/Lively Oats  
Toasted Oats/Tasteos/Toasted Oat Spins/Happy O's  
Wheat Squares, Biscuits, or Crisps

### ENRICHED CEREALS

Corn Flakes  
Corn Squares, Biscuits, Crisps, or Bites  
Crisp Rice/Crispy Rice  
Crispy Hexagons (Corn & Rice)  
Essentially You/Toasted Rice  
Instant Grits - Original/Regular  
Oats & More with Almonds/Almonds & Oats  
Oats & More with Honey/Honey & Oats  
Rice Squares, Biscuits, Crisps, or Pockets



# CONTACT WIC TODAY

**Are you pregnant or  
breastfeeding?  
Do you have a child under  
5 years old?**

**Get free, healthy foods and help with:  
Breastfeeding Support  
Nutrition Education  
Referrals to Other Health Services**

## WIC Income Guidelines

**Pautas de Ingresos para WIC  
Règleman pou Revni WIC**

**Household Size**  
Tamano de la Familia  
Kantite moun ki nan kay la

**Monthly Income\***  
Ingreso Mensual\*  
Revni Mansyè\*

1.....	\$2,413
2.....	\$3,261
3.....	\$4,109
4.....	\$4,957
5.....	\$5,805
6.....	\$6,653
7.....	\$7,501
8.....	\$8,349

\*Before taxes and deductions

\*antes de descontados los impuestos y otras deducciones

\*anvan taks ak dediksyon

**Revised/Revisado/Revize 6/19/25**

**This institution is an equal opportunity provider.**  
Esta institución es un proveedor que ofrece igualdad de oportunidades.  
Enstitisyon sa a ofri tout moun menm opòtinite a.



**¡Póngase en contacto  
con WIC hoy!**

**Consigue alimentos saludables  
gratis y ayuda con:**

- **Lactancia materna**
- **Educación nutricional**
- **Encontrar un proveedor de  
servicios de salud**

**Kontakte WIC jodi a  
menm!**

**Jwenn manje gratis, an sante  
ak ed:**

- **Bay tete**
- **Edikasyon sou Nitrisyon**
- **Jwenn yon Founisè Swen  
Sante**

**800-342-3556**

