



CEREAL, WHOLE WHEAT SQUARES, READY-TO-EAT

Date: June 2013 Codes: 110372, 110371, 110373, 110374

PRODUCT DESCRIPTION

- Whole Wheat Squares is a ready-to-eat cereal with added vitamins and minerals but no added sweeteners. This is a whole grain product and is a good source of fiber.

PACK/YIELD

- 110372: 18 oz packages
- 110371: 16.5 oz packages
- 110373: 16.4 oz packages
- 110374: 16.4 oz packages
- Since box sizes may vary, check package for exact amount for serving sizes.

STORAGE

- Store unopened boxes of wheat squares in a cool, clean, dry place.
- After opening, keep inside bag tightly closed.
- Look at the "Best if used by" or "Best by" date on the box.
- For guidance on how to effectively manage, store, and maintain USDA Foods, please see our policy memo at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf

USES AND TIPS

- Top wheat squares with low-fat milk and fruit for a quick and easy breakfast, or sprinkle over yogurt.
- Eat dry wheat squares as a healthy afternoon snack.
- Wheat squares can be used in a variety of recipes calling for dry, ready-to-eat cereal.

NUTRITION INFORMATION

- 1 cup of wheat squares counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.
- 1 cup of wheat squares provides 90% of daily recommended amount of iron

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size 1 cup wheat squares cereal

Amount Per Serving

Calories	190	Calories from Fat	10
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% Daily Value*

Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 10mg			14%
Total Carbohydrate 45g			15%
Dietary Fiber 8g			30%
Sugars 0g			
Protein 6g			
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	90%

*Percent Daily Values are based on a 2,000 calorie diet.

FRUIT YOGURT PARFAIT

MAKES ABOUT 2 SERVINGS

Ingredients

- ¼ cup wheat squares cereal
- ½ cup grapes
- ½ cup banana
- ½ cup yogurt, any flavor

Directions

1. Peel and slice the banana.
2. Spoon the grapes into a tall plastic cup.
3. Put 3 spoonfuls of yogurt on top of the grapes.
4. Spoon sliced bananas on top of the yogurt.
5. Add the rest of the yogurt.
6. Sprinkle the cereal on top

Nutrition Information for 1 serving is 1 parfait							
Calories	330	Cholesterol	5mg	Sugar	42g	Vitamin C	15%
Calories from Fat	50	Sodium	75 mg	Protein	11 g	Calcium	20%
Total Fat	6g	Total Carbohydrate	68 g	Vitamin A	2%	Iron	8%
Saturated Fat	1.0g	Dietary Fiber	7 g				

Recipe adapted from SNAP-ED recipe finder