

◆ Serve Most ■ Serve Moderately

Cereals (Hot and Cold)

- ◆ Cascadian Farm – Organic Multi Grain Squares
- ◆ Cascadian Farm – Organic Purely O’s
- ◆ Compliments Balance – Multigrain Flakes
- ◆ Compliments Balance – Multigrain Flakes with Triple Berry
- ◆ Compliments Balance – Very High Fibre Bran
- ◆ Fibre 1 Original
- ◆ Fibre 1 Honey Clusters & Fibre 1 Raisin Bran Clusters
- ◆ General Mills Cheerios
- ◆ General Mills Chex – Wheat Flavor
- ◆ General Mills Fruity Cheerios
- ◆ General Mills Honey Nut Cheerios
- ◆ General Mills Multigrain Cheerios
- ◆ General Mills Oat Cluster Crunch Cheerios
- ◆ General Mills Oatmeal Crisp - Triple Berry
- ◆ General Mills Oatmeal Crisp - Maple Nut
- ◆ General Mills Oatmeal Crisp – Almond
- ◆ General Mills Total – Cinnamon Crunch
- ◆ General Mills Total – Cranberry Crunch
- ◆ General Mills Total – Whole Grain
- ◆ General Mills – Wheaties
- ◆ Honey Bunches of Oats with Almonds
- ◆ Honey Bunches of Oats with Real Strawberries
- ◆ Honey Bunches of Oats - Honey roasted
- ◆ Honey Bunches of Oats - Vanilla Clusters
- ◆ Kellogg’s 2 Scoops Raisin Bran
- ◆ Kellogg’s All Bran Buds
- ◆ Kellogg’s All Bran Honey Nut
- ◆ Kellogg’s All Bran Strawberry Bites
- ◆ Kellogg’s All Bran Strawberry Medley
- ◆ Kellogg’s Guardian Cinnamon
- ◆ Kellogg’s Guardian Original
- ◆ Kellogg’s Harvest Fruit Muslix
- ◆ Kellogg’s Maple Raisin Nut Muslix
- ◆ Kellogg’s Mini Wheats (Original, Blueberry, Brown Sugar, Cinnamon Streusel, Maple, Strawberry & Vanilla flavours)
- ◆ Kellogg’s Multigrain Krispies
- ◆ Kellogg’s Special K 5 Grain
- ◆ Kellogg’s Special K Cinnamon Pecan
- ◆ Kellogg’s Special K Satisfaction
- ◆ PC Blue Menu On Track Plus Protein
- ◆ Post Shreddies & Post Shredies – Honey
- ◆ Post Selects - Date and Raisin Pecan Crunch
- ◆ Post Selects - Cranberry Almond Crunch
- ◆ Quaker Instant Oatmeal – Original
- ◆ Quaker Instant Oatmeal Lower Sugar Apples & Cinnamon
- ◆ Quaker Life Multigrain
- ◆ Quaker Life Toasted Cinnamon
- ◆ Quaker Oat Bran
- ◆ Quaker Oatmeal Squares
- ◆ Quaker Oatmeal Squares - Maple and Brown Sugar
- ◆ Weetabix High Fibre Crisp
- ◆ Weetabix Honey Almond Crunch
- ◆ Weetabix Whole Grain
- Compliments Balance – 10 Whole Grains & Flax Muesli Flakes
- Compliments Balance – Flax & Fibre Crunch Granola
- Compliments Balance – Muesli Flakes With Blueberries, Dates & Raisins
- General Mills Chex – Honey Nut
- General Mills Chex – Multi-Bran
- General Mills Oatmeal Crisp - Apple Brown Sugar
- General Mills Total – Honey Clusters
- Honey Bunches of Oats with Cinnamon Clusters
- Kashi Go Lean & Kashi Go Lean Crunch
- Kashi 7 Whole Grain Puffed
- Kashi 7 Whole Grain Honey Puffed
- Kashi High Fibre Flakes & Granola
- Kellogg’s All Bran Flakes
- Kellogg’s All Bran Original
- Kellogg’s All Bran Strawberry Medley
- Kellogg’s Just Right
- Kellogg’s Corn Flakes
- Kellogg’s Apple Crisp Muslix & Kellogg’s Banana Nut Muslix
- Kellogg’s Special K Red Berries
- Kellogg’s Special K Vanilla Almond
- Kellogg’s Almond Raisin Muslix
- Kellogg’s Vector
- Leclerc Vital – Cranberry & Dark Chocolate
- Leclerc Vital – Fruit Explosion
- Leclerc Vital – Fruit Harvest & Green Tea
- PC Crunchy Cranberry Almond
- PC Crunchy Maple Almond
- PC Organics Wheat Squares
- PC On Track
- Post Shreddies - Vanilla
- Post Honeycombs
- Post Alpha-Bits
- Quaker Corn Bran Squares
- Quaker High Fibre Instant Oatmeal – Cinnamon Swirl
- Quaker High Fibre Instant Oatmeal – Maple & Brown Sugar
- Quaker Instant Oatmeal – Honey Nut
- Quaker Life Honey Graham cereal
- Quaker Life Cereal
- Quaker Life Maple & Brown Sugar cereal
- Quaker Life Vanilla Yogurt cereal
- Quaker Lower Sugar Instant Oatmeal Maple & Brown Sugar
- Quaker Lower Sugar Instant Oatmeal – Peaches & Cream
- Quaker Lower Sugar Instant Oatmeal – Strawberries & Cream
- Quick Quaker Oats