

**The purpose of this card is to help you find allowed brands of breads and tortillas. The brands listed may not be in all stores. Other brands may be purchased if the label matches wording that is specified on this card and the *WIC Approved Foods Booklet*.**



## **BREADS • BUNS • ROLLS**

### **ALLOWED:**

Any brand labeled “100% whole wheat”  
16 oz (1 lb) or less bag

The following are examples of allowed brands:

- Any store brand (for example, Food Club, Our Family)
- In-store bakery brand
- Arnold Sandwich Thins
- Bunny Bread
- Butternut Bread (½ loaf)
- EarthGrains Thin Buns
- Family Choice Bread
- Healthy Life Bread (Original, Soft, Southern Country Style)
- Ozark Hearth
- Pepperidge Farm Bread (Stone Ground, Very Thin Sliced Soft, Soft, Cinnamon with Raisins Swirl), Deli Flats, Hoagie Rolls, Thin Rolls
- Sara Lee Bread (Classic), Hamburger and Hot Dog Buns, Mini Buns
- Village Hearth Bread
- Weight Watchers Bread
- Wonder Bread (Soft)

### **NOT ALLOWED:**

- Bagel bread, bagels, pita bread
- English muffins, muffins
- Frozen dough, frozen bread and rolls
- Sugar-free or with Splenda, Double-Fiber or with Flaxseed
- Organic



## TORTILLAS/WRAPS

### **ALLOWED:**

16 oz (1 lb) or less package

#### **Soft Corn:**

- Any brand
- White or yellow

#### **Whole Wheat:**

- Any brand labeled “whole wheat”

#### **The following are examples of allowed brands:**

- Any store brand (for example, Roundy's)
- Bucky Badger
- Chi Chi's
- El Rey
- La Banderita
- Mission (except Life Balance)
- Ortega

### **NOT ALLOWED:**

- Hard corn tortillas/taco shells
- Low-carb/carbohydrate
- Organic