

## Breads and Grains Chart

(Exhibit A: Grain Requirement for Child Nutrition Programs<sup>1,2</sup>)

GROUP A	MINIMUM SERVING SIZE FOR GROUP A	Ounce Equivalents (Oz. Eq.) for Group A
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mien noodles</li> <li>• Savory crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry) Note: weights apply to bread in stuffing</li> </ul>	1 serving = 20 gm or 0.7 oz $\frac{3}{4}$ serving = 15 gm or 0.5 oz $\frac{1}{2}$ serving = 10 gm or 0.4 oz $\frac{1}{4}$ serving = 5 gm or 0.2 oz	1 oz. eq. = 22 gm or 0.8 oz. $\frac{3}{4}$ oz. eq. = 17 gm or 0.6 oz. $\frac{1}{2}$ oz. eq. = 11 gm or 0.4 oz. $\frac{1}{4}$ oz. eq. = 6 gm or 0.2 oz.
GROUP B	MINIMUM SERVING SIZE FOR GROUP B	Oz. Eq. for Group B
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads – all (for example, sliced, French, Italian)</li> <li>• Buns (hamburger and hotdog)</li> <li>• Sweet crackers<sup>5</sup> (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls</li> <li>• Tortillas</li> <li>• Tortilla chips</li> <li>• Taco shells</li> </ul>	1 serving = 25 gm or 0.9 oz $\frac{3}{4}$ serving = 19 gm or 0.7 oz $\frac{1}{2}$ serving = 13 gm or 0.5 oz $\frac{1}{4}$ serving = 6 gm or 0.2 oz	1 oz. eq. = 28 gm or 1.0 oz. $\frac{3}{4}$ oz. eq. = 21 gm or 0.75 oz. $\frac{1}{2}$ oz. eq. = 14 gm or 0.5 oz. $\frac{1}{4}$ oz. eq. = 7 gm or 0.25 oz.
GROUP C	MINIMUM SERVING SIZE FOR GROUP C	Oz. Eq. for Group C
<ul style="list-style-type: none"> <li>• Cookies<sup>3</sup> (plain – includes vanilla wafers)</li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies<sup>3</sup>, cobbler<sup>3</sup>, fruit turnovers<sup>4</sup>, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	1 serving = 31 gm or 1.1 oz $\frac{3}{4}$ serving = 23 gm or 0.8 oz $\frac{1}{2}$ serving = 16 gm or 0.6 oz $\frac{1}{4}$ serving = 8 gm or 0.3 oz	1 oz. eq. = 34 gm or 1.2 oz. $\frac{3}{4}$ oz. eq. = 26 gm or 0.9 oz. $\frac{1}{2}$ oz. eq. = 17 gm or 0.6 oz. $\frac{1}{4}$ oz. eq. = 9 gm or 0.3 oz.

<sup>1</sup> In NSLP and SBP (grades K-12), all grains must meet whole grain-risk criteria. For information on flexibilities, please contact your State agency. For all other Child Nutrition Programs, grains are whole grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ. Under CACFP and NSLP/SBP infant and preschool meals, at least one grain serving per day must meet whole grain-rich criteria.

<sup>2</sup> For NSLP and SBP (grades K-12), grain quantities are determined using ounce equivalents (oz. eq.). All other Child Nutrition Programs determine grain quantities using grains/bread servings. Beginning October 1, 2019, grain quantities in CACFP and NSLP/SBP infant and preschool meals will be determined using oz. eq. Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed in NSLP (up to 2.0 oz. eq. grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered as a grain-based dessert in §226.20(a)(4) and 201.10.

<sup>5</sup> Allowed in NSLP (up to 2.0 oz. eq. grain-based dessert per week in grades K-12) as specified in §210.10. May count towards the grain component in SBP (grades K-12) and at snack and breakfast meals in SFSP

<b>GROUP D</b>	<b>MINIMUM SERVING SIZE FOR GROUP D</b>	<b>Oz. Eq. for Group D</b>
<ul style="list-style-type: none"> <li>Cereal bars, breakfast bars, granola bars <sup>4</sup> (plain)</li> <li>Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>Muffins (all, except corn)</li> <li>Sweet roll <sup>4</sup> (unfrosted)</li> <li>Toaster pastry <sup>4</sup> (unfrosted)</li> </ul>	1 serving = 50 gm or 1.8 oz $\frac{3}{4}$ serving = 38 gm or 1.3 oz $\frac{1}{2}$ serving = 25 gm or 0.9 oz $\frac{1}{4}$ serving = 13 gm or 0.5 oz	1 oz. eq. = 55 gm or 2.0 oz. $\frac{3}{4}$ oz. eq. = 42 gm or 1.5 oz. $\frac{1}{2}$ oz. eq. = 28 gm or 1.0 oz. $\frac{1}{4}$ oz. eq. = 14 gm or 0.5 oz.
<b>GROUP E</b>	<b>MINIMUM SERVING SIZE FOR GROUP E</b>	<b>Oz. Eq. for Group E</b>
<ul style="list-style-type: none"> <li>Cereal bars, breakfast bars, granola bars <sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)</li> <li>Cookies <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>Doughnuts <sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>French toast</li> <li>Sweet rolls <sup>4</sup> (frosted)</li> <li>Toaster pastry <sup>4</sup> (frosted)</li> </ul>	1 serving = 63 gm or 2.2 oz $\frac{3}{4}$ serving = 47 gm or 1.7 oz $\frac{1}{2}$ serving = 31 gm or 1.1 oz $\frac{1}{4}$ serving = 16 gm or 0.6 oz	1 oz. eq. = 69 gm or 2.4 oz. $\frac{3}{4}$ oz. eq. = 52 gm or 1.8 oz. $\frac{1}{2}$ oz. eq. = 35 gm or 1.2 oz. $\frac{1}{4}$ oz. eq. = 18 gm or 0.6 oz.
<b>GROUP F</b>	<b>MINIMUM SERVING SIZE FOR GROUP F</b>	<b>Oz. Eq. for Group F</b>
<ul style="list-style-type: none"> <li>Cake<sup>3</sup> (plain, unfrosted)</li> <li>Coffee cake <sup>4</sup></li> </ul>	1 serving = 75 gm or 2.7 oz $\frac{3}{4}$ serving = 56 gm or 2 oz $\frac{1}{2}$ serving = 38 gm or 1.3 oz $\frac{1}{4}$ serving = 19 gm or 0.7 oz	1 oz. eq. = 82 gm or 2.9 oz. $\frac{3}{4}$ oz. eq. = 62 gm or 2.2 oz. $\frac{1}{2}$ oz. eq. = 41 gm or 1.5 oz. $\frac{1}{4}$ oz. eq. = 21 gm or 0.7 oz.
<b>GROUP G</b>	<b>MINIMUM SERVING SIZE FOR GROUP G</b>	<b>Oz. Eq. for Group G</b>
<ul style="list-style-type: none"> <li>Brownies <sup>3</sup> (plain)</li> <li>Cake <sup>3</sup> (all varieties, frosted)</li> </ul>	1 serving = 115 gm or 4 oz $\frac{3}{4}$ serving = 86 gm or 3 oz $\frac{1}{2}$ serving = 58 gm or 2 oz $\frac{1}{4}$ serving = 29 gm or 1 oz	1 oz. eq. = 125 gm or 4.4 oz. $\frac{3}{4}$ oz. eq. = 94 gm or 3.3 oz. $\frac{1}{2}$ oz. eq. = 63 gm or 2.2 oz. $\frac{1}{4}$ oz. eq. = 32 gm or 1.1 oz.
<b>GROUP H</b>	<b>MINIMUM SERVING SIZE FOR GROUP H</b>	<b>Oz. Eq. for Group H</b>
<ul style="list-style-type: none"> <li>Cereal Grains (barley, quinoa, etc.)</li> <li>Breakfast cereals (cooked) <sup>6, 7</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice</li> </ul>	1 serving = $\frac{1}{2}$ cup cooked or 25 gm dry	1 serving = $\frac{1}{2}$ cup cooked or 1 oz. (28 gm) dry
<b>GROUP I</b>	<b>MINIMUM SERVING SIZE FOR GROUP I</b>	<b>Oz. Eq. for Group I</b>
<ul style="list-style-type: none"> <li>Ready to eat breakfast cereal (cold dry) <sup>6, 7</sup></li> </ul>	1 serving = $\frac{3}{4}$ cup or 1 oz, whichever is less	1 oz. eq. = 1 cup or 1 ounce for flakes and rounds  1 oz. eq. = 1.25 cups or 1 ounce for puffed cereal  1 oz. eq. = $\frac{1}{4}$ cup or 1 ounce for granola

<sup>4</sup> Allowable in NSLP (up to 2.0 oz. eq. grain-based dessert per week in grades K-12) as specified in §210.10. may count towards the grain component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count towards the grain component in the CACFP and NSLP/SBP infant and preschool meals beginning October 1, 2017, as specified in §§226.20(a)(4) and 210.10.

<sup>6</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>7</sup> In the NSLP and SBP, cereals must list a whole grain as the first ingredient and be fortified, or if the cereal is 100 percent whole grain, fortification is not required. For CACFP and SFSP, cereals must be whole-grain, enriched, or fortified; cereals served in the CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.