

Breads and Grains Chart

(Exhibit A: Grain Requirement for Child Nutrition Programs^{1,2})

GROUP A	MINIMUM SERVING SIZE FOR GROUP A	Ounce Equivalents (Oz. Eq.) for Group A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mien noodles • Savory crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing 	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"> • Bagels • Batter type coating • Biscuits • Breads – all (for example, sliced, French, Italian) • Buns (hamburger and hotdog) • Sweet crackers⁵ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread • Pizza crust • Pretzels (soft) • Rolls • Tortillas • Tortilla chips • Taco shells 	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"> • Cookies³ (plain – includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	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.

¹ 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.

² 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.

³ 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.

⁵ 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

GROUP D	MINIMUM SERVING SIZE FOR GROUP D	Oz. Eq. for Group D
<ul style="list-style-type: none"> Cereal bars, breakfast bars, granola bars ⁴ (plain) Doughnuts⁴ (cake and yeast raised, unfrosted) Muffins (all, except corn) Sweet roll ⁴ (unfrosted) Toaster pastry ⁴ (unfrosted) 	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.
GROUP E	MINIMUM SERVING SIZE FOR GROUP E	Oz. Eq. for Group E
<ul style="list-style-type: none"> Cereal bars, breakfast bars, granola bars ⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies ³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts ⁴ (cake and yeast raised, frosted or glazed) French toast Sweet rolls ⁴ (frosted) Toaster pastry ⁴ (frosted) 	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.
GROUP F	MINIMUM SERVING SIZE FOR GROUP F	Oz. Eq. for Group F
<ul style="list-style-type: none"> Cake³ (plain, unfrosted) Coffee cake ⁴ 	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.
GROUP G	MINIMUM SERVING SIZE FOR GROUP G	Oz. Eq. for Group G
<ul style="list-style-type: none"> Brownies ³ (plain) Cake ³ (all varieties, frosted) 	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.
GROUP H	MINIMUM SERVING SIZE FOR GROUP H	Oz. Eq. for Group H
<ul style="list-style-type: none"> Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked) ^{6, 7} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice 	1 serving = $\frac{1}{2}$ cup cooked or 25 gm dry	1 serving = $\frac{1}{2}$ cup cooked or 1 oz. (28 gm) dry
GROUP I	MINIMUM SERVING SIZE FOR GROUP I	Oz. Eq. for Group I
<ul style="list-style-type: none"> Ready to eat breakfast cereal (cold dry) ^{6, 7} 	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

⁴ 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.

⁶ 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.

⁷ 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.