

# Grains and Breads

GROUP A	OUNCE EQUIVALENT (oz eq) FOR GROUP A	MINIMUM SERVING SIZE FOR GROUP A
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow Mein noodles</li> <li>• Crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry)</li> </ul> <p><b>Note:</b> weights apply to bread in stuffing.</p>	<p>1 oz eq = 22 gm or 0.8 oz            ¾ serving = 17 gm or 0.6 oz            ½ serving = 11 gm or 0.4 oz            ¼ serving = 6 gm or 0.2 oz</p>	<p>1 serving = 20 gm or 0.7 oz            ¾ serving = 15 gm or 0.5 oz            ½ serving = 10 gm or 0.4 oz            ¼ serving = 5 gm or 0.2 oz</p>
GROUP B	OUNCE EQUIVALENT (oz eq) FOR GROUP B	MINIMUM SERVING SIZE 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 hot dog)</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>	<p>1 oz eq = 28 gm or 1.0 oz            ¾ serving = 21 gm or 0.75 oz            ½ serving = 14 gm or 0.5 oz            ¼ serving = 7 gm or 0.25 oz</p>	<p>1 serving = 25 gm or 0.9 oz            ¾ serving = 19 gm or 0.7 oz            ½ serving = 13 gm or 0.5 oz            ¼ serving = 6 gm or 0.2 oz</p>

1. In NSLP and SBP (grades K-12), all grains served must meet whole grain-rich 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 child and adult meal patterns, and in NSLP/SBP 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 Oct. 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 a grain-based dessert and cannot count towards the grain component in CACFP or NSLP/SBP infant and preschool meals beginning October 1, 2017, as specified in §§226.20(a)(4) and 210.10.
4. Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for 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.
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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 CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.

# Grains and Breads, cont.

GROUP C	OUNCE EQUIVALENT (oz eq) FOR GROUP C	MINIMUM SERVING SIZE 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>	<p>1 oz eq = 34 gm or 1.2 oz            ¾ oz eq = 26 gm or 0.9 oz            ½ oz eq = 17 gm or 0.6 oz            ¼ oz eq = 9 gm or 0.3 oz</p>	<p>1 serving = 31 gm or 1.1 oz            ¾ serving = 23 gm or 0.8 oz            ½ serving = 16 gm or 0.6 oz            ¼ serving = 8 gm or 0.3 oz</p>
GROUP D	OUNCE EQUIVALENT (oz eq) FOR GROUP D	MINIMUM SERVING SIZE FOR GROUP D
<ul style="list-style-type: none"> <li>• Doughnuts<sup>3</sup> (cake and yeast raised, unfrosted)</li> <li>• Cereal bars, breakfast bars, granola bars<sup>3</sup> (plain)</li> <li>• Muffins (all, except corn)</li> <li>• Sweet roll<sup>4</sup> (unfrosted)</li> <li>• Toaster pastry<sup>4</sup> (unfrosted)</li> </ul>	<p>1 oz eq = 55 gm or 2.0 oz            ¾ oz eq = 42 gm or 1.5 oz            ½ oz eq = 28 gm or 1.0 oz            ¼ oz eq = 14 gm or 0.5 oz</p>	<p>1 serving = 63 gm or 2.2 oz            ¾ serving = 47 gm or 1.7 oz            ½ serving = 31 gm or 1.1oz            ¼ serving = 16 gm or 0.6 oz</p>
GROUP E	OUNCE EQUIVALENT (oz eq) FOR GROUP E	MINIMUM SERVING SIZE FOR GROUP E
<ul style="list-style-type: none"> <li>• Cookies (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>• Doughnuts (cake and yeast raised, frosted or glazed)</li> <li>• French toast</li> <li>• Grain fruit bars</li> <li>• Granola bars (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>• Sweet rolls (frosted)</li> <li>• Toaster pastry (frosted)</li> </ul>	<p>1 oz eq = 69 gm or 2.4 oz            ¾ oz eq = 52 gm or 1.8 oz            ½ oz eq = 35 gm or 1.2 oz            ¼ oz eq = 18 gm or 0.6 oz</p>	<p>1 serving = 50 gm or 1.8 oz            ¾ serving = 38 gm or 1.3 oz            ½ serving = 25 gm or 0.9 oz            ¼ serving = 13 gm or 0.9 oz</p>

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# Grains and Breads, cont.

GROUP F	OUNCE EQUIVALENT (oz eq) FOR GROUP F	MINIMUM SERVING SIZE FOR GROUP F
<ul style="list-style-type: none"> <li>• Cake<sup>3</sup> (plain, unfrosted)</li> <li>• Coffee cake<sup>4</sup></li> </ul>	1 oz eq = 82 gm or 2.9 oz ¾ oz eq = 62 gm or 2.2 oz ½ oz eq = 41 gm or 1.5 oz ¼ oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz ¾ serving = 56 gm or 2 oz ½ serving = 38 gm or 1.3 oz ¼ serving = 19 gm or 0.7 oz
GROUP G	OUNCE EQUIVALENT (oz eq) FOR GROUP G	MINIMUM SERVING SIZE FOR GROUP G
<ul style="list-style-type: none"> <li>• Brownies<sup>3</sup> (plain)</li> <li>• Cake<sup>3</sup> (all varieties, frosted)</li> </ul>	1 oz eq = 125 gm or 4.4 oz ¾ oz eq = 94 gm or 3.3 oz ½ oz eq = 63 gm or 2.2 oz ¼ oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz ¾ serving = 86 gm or 3 oz ½ serving = 58 gm or 2 oz ¼ serving = 29 gm or 1 oz
GROUP H	OUNCE EQUIVALENT (oz eq) FOR GROUP H	MINIMUM SERVING SIZE FOR GROUP H
<ul style="list-style-type: none"> <li>• Barley</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 oz eq = ½ cup cooked or 1 ounce (28 gm) dry	1 serving = ½ cup cooked (or 25gm dry)
GROUP I	OUNCE EQUIVALENT (oz eq) FOR GROUP I	MINIMUM SERVING SIZE FOR GROUP I
<ul style="list-style-type: none"> <li>• Ready to eat breakfast cereal (cold dry)</li> </ul>	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cup or 1 ounce for puffed cereal 1 oz eq = ¼ cup or 1 ounce for granola	1 serving = ¾ cup or 1 oz, whichever is less

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