

Grains / Breads

Breakfast

Grades K–5: 7oz min. equivalent/week (1 oz)
Grades 6–8: 8 oz min. equivalent/week (1 oz)
Grades 9–12: 9 oz min. equivalent/week (1 oz)

Lunch

Grades K–5: 8 oz min. equivalent/week (1 oz)
Grades 6–8: 8 oz min. equivalent/week (1 oz)
Grades 9–12: 10 oz min. equivalent/week (2 oz)

Grains Creditability and Whole grain rich determination

Does the product contain only Creditable Grains?

- ▶ Non creditable grains include: oat fiber, corn fiber, wheat starch, corn starch, bran, germ and modified food starch (including potato, legume and other vegetable flours)
- ▶ Grains in amounts $< .25$ oz equivalent (3.99 grams for items in groups A-G or 6.99 grams in group H) or $< 2\%$ of the product formula do not need to be considered
- ▶ Non creditable grains in 100% Whole grain RTE Cereal may not exceed 6.99 grams
- ▶ Non creditable grains in fortified RTE Cereal may exceed 6.99 grams

Yes

Are all grains in the product Whole Grain or Enriched?

- ▶ Grains in amounts $< .25$ oz equivalent (3.99 grams for items in groups A-G or 6.99 grams in group H) or $< 2\%$ of the product formula do not need to be considered
- ▶ RTE cereal must be fortified, per FDA requirements

Yes

Is the product Whole Grain Rich?

- ▶ Grain content is $\geq 50\%$ whole grain by weight
- ▶ Contains ≥ 8 grams of whole grain per oz equivalent serving (Groups A-G on Exhibit A)
- ▶ Product has the FDA whole grain health claim "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol, may help reduce the risk of heart disease and certain cancers"

Yes

**Creditable
& Whole Grain Rich**

No

No

No

Non Creditable

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST

WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS ^{1, 2}

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> ▪ Bread type coating ▪ Bread sticks (hard) ▪ Chow Mein noodles ▪ Savory Crackers (saltines and snack crackers) ▪ Croutons ▪ Pretzels (hard) ▪ Stuffing (dry) Note: weights apply to bread in stuffing. 	<p>1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz</p>
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> ▪ Bagels ▪ Batter type coating ▪ Biscuits ▪ Breads (sliced whole wheat, French, Italian) ▪ Buns (hamburger and hot dog) ▪ Sweet Crackers ⁴ (graham crackers - all shapes, animal crackers) ▪ Egg roll skins ▪ English muffins ▪ Pita bread (whole wheat or whole grain-rich) ▪ Pizza crust ▪ Pretzels (soft) ▪ Rolls (whole wheat or whole grain-rich) ▪ Tortillas (whole wheat or whole corn) ▪ Tortilla chips (whole wheat or whole corn) ▪ Taco shells (whole wheat or whole corn) 	<p>1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz</p>
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> ▪ Cookies ³ (plain - includes vanilla wafers) ▪ Cornbread ▪ Corn muffins ▪ Croissants ▪ Pancakes ▪ Pie crust (dessert pies ³, cobbler ³, fruit turnovers ⁴, and meat/meat alternate pies) ▪ Waffles 	<p>1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz</p>

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

² 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 only as dessert at lunch as specified in §210.10.

⁴ Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> ▪ Doughnuts ⁴ (cake and yeast raised, unfrosted) ▪ Cereal bars, breakfast bars, granola bars ⁴ (plain) ▪ Muffins (all, except corn) ▪ Sweet roll ⁴ (unfrosted) ▪ Toaster pastry ⁴ (unfrosted) 	<p>1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz</p>
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) 	<p>1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz</p>
GROUP F	OZ EQ FOR GROUP F
<ul style="list-style-type: none"> ▪ Cake ³ (plain, unfrosted) ▪ Coffee cake ⁴ 	<p>1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz</p>
GROUP G	OZ EQ FOR GROUP G
<ul style="list-style-type: none"> ▪ Brownies ³ (plain) ▪ Cake ³ (all varieties, frosted) 	<p>1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz</p>
GROUP H	OZ EQ FOR GROUP H
<ul style="list-style-type: none"> ▪ Cereal Grains (barley, quinoa, etc) ▪ Breakfast cereals (cooked) ^{5, 6} ▪ Bulgur or cracked wheat ▪ Macaroni (all shapes) ▪ Noodles (all varieties) ▪ Pasta (all shapes) ▪ Ravioli (noodle only) ▪ Rice (enriched white or brown) 	<p>1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry</p>
GROUP I	OZ EQ FOR GROUP I
<ul style="list-style-type: none"> ▪ Ready to eat breakfast cereal (cold, dry) ^{5, 6} 	<p>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 = 1/4 cup or 1 ounce for granola</p>

⁵ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; 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.

⁶ Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

Exhibit A Ranges

Group A

2 oz eq = 44-49 gm
1¾ oz eq = 39-43 gm
1½ oz eq = 33-38 gm
1¼ oz eq = 28-32 gm
1 oz eq = 22-27 gm
¾ oz eq = 17-21 gm
½ oz eq = 11-16 gm
¼ oz eq = 6-10 gm
Don't count ≤ 5 gm

Group B

3 oz eq = 84-90 gm
2¾ oz eq = 77-83 gm
2½ oz eq = 70-76 gm
2¼ oz eq = 63-69 gm
2 oz eq = 56-62 gm
1¾ oz eq = 49-55 gm
1½ oz eq = 42-48 gm
1¼ oz eq = 35-41 gm
1 oz eq = 28-34 gm
¾ oz eq = 21-27 gm
½ oz eq = 14-20 gm
¼ oz eq = 7-13 gm
Don't count ≤ 6 gm

Group C

3 oz eq = 102-111 gm
2¾ oz eq = 94-101 gm
2½ oz eq = 85-93 gm
2¼ oz eq = 77-84 gm
2 oz eq = 68-76 gm
1¾ oz eq = 60-67 gm
1½ oz eq = 51-59 gm
1¼ oz eq = 43-50 gm
1 oz eq = 34-42 gm
¾ oz eq = 26-33 gm
½ oz eq = 17-25 gm
¼ oz eq = 9-16 gm
Don't count ≤ 8 gm

Group D

2 oz eq = 110-123 gm
1¾ oz eq = 97-109 gm
1½ oz eq = 83-96 gm
1¼ oz eq = 69-82 gm
1 oz eq = 55-68 gm
¾ oz eq = 42-54 gm
½ oz eq = 28-41 gm
¼ oz eq = 14-27 gm
Don't count ≤ 13 gm

Group E

2 oz eq = 138-155 gm
1¾ oz eq = 121-137 gm
1½ oz eq = 104-120 gm
1¼ oz eq = 87-103 gm
1 oz eq = 69-86 gm
¾ oz eq = 52-68 gm
½ oz eq = 35-51 gm
¼ oz eq = 18-34 gm
Don't count ≤ 17 gm

Group F

1 oz eq = 82-102 gm
¾ oz eq = 62-81 gm
½ oz eq = 41-61 gm
¼ oz eq = 21-40 gm
Don't count ≤ 20 gm

Group G

1 oz eq = 125-156 gm
¾ oz eq = 94-124 gm
½ oz eq = 63-93 gm
¼ oz eq = 32-62 gm
Don't count ≤ 31 gm