E Appendix

Grains/Breads Component: The Summer Food Service Program (SFSP)

The information contained in this Appendix provides guidance on meeting the Meal Pattern Requirements for grains served in the Summer Food Service Program (SFSP) and National School Lunch Program afterschool snack service (NSLP afterschool snacks) prior to July 1, 2025. SFSP operators may also choose to follow the guidance listed in Section 4. Please note that programs operating under the Seamless Summer Option (SSO) must align with standards for the National School Lunch Program (NSLP)/School Breakfast Program (SBP) as identified in the following guidance.

Reimbursable breakfast and lunch meals offered for the SFSP must include grain items that contribute toward the grains/breads requirement. A reimbursable snack in the SFSP may contain a grains/breads component. FNS meal pattern regulations establish the minimum serving size(s) of grains required for the SFSP. Meal pattern charts for each of the Child Nutrition Programs (CNP) are on pages I-7 through I-17.

Criteria for Determining Creditable Grains/Breads

Use the following criteria as a basis for selecting items that will meet the grains/breads requirement:

A. All grain items must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or if using a cereal it must be whole grain, enriched or fortified.

B. The label must indicate that (1) the food product is made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, or germ, or (2) the cereal is whole grain, enriched or fortified. If the food product is labeled enriched, it must meet the Food and Drug Administration (FDA) Standards of Identity (21 CFR Part 136, Part 137, Part 139) for enriched bread, macaroni and noodle products, rice, or cornmeal.

C. The food product must be provided in quantities specified in the appropriate program regulations. One-quarter (0.25) of a serving is the smallest amount allowable to be credited toward the minimum quantities of grains specified in program regulations.

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Steps in Identifying Creditable Grains/Breads Products

To determine if a grain food product is creditable, CNP operators need to verify that the food product is made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or if it is a cereal, that it is whole grain, enriched, or fortified. See Section 4: Grains, Examples of Foods That Are Creditable Toward the Grains Component, for a list of creditable grains ingredients.

The following steps will assist in identifying if a food product is creditable toward the grains/breads component. If at any point during the steps a "yes" answer is obtained, proceed to the section, "Criteria for Determining Serving Sizes." If the answer is "no" to all of the steps from A to H, the food product is not creditable toward the grains/breads component. Please note that program specific guidance for school meals, NSLP afterschool snacks, and CACFP offers additional options and other information related to identifying creditable grains. Please verify that grain products are creditable toward the grains/breads component prior to purchase.

The following steps are summarized in a flow chart on page E-5.

A. **Is the food product labeled as whole wheat or whole grain?**
If a food product is made from whole grain, the product name on the label will usually include the word "whole."

Some examples include: whole-wheat bread, whole-wheat rolls, whole-wheat buns, whole-wheat macaroni products, and whole-grain pasta.

OR

B. **Is the food product labeled as enriched?**
If a food product is enriched, the product name on the label will include the word "enriched."

Some examples include: enriched bread, enriched rolls, enriched buns, enriched rice, enriched macaroni products, enriched egg noodle products, enriched grits, and enriched cereal.

OR

C. **Is the food product labeled with an FDA-approved whole grain health claim?**
If a food product is labeled with an FDA-approved health claim, the product label will include one of the following on its packaging:

"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers,"
OR
"Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

OR

D. **If the food product is a cereal, is it fortified?**
(Fortification only applies to cereals. If the food product is not a cereal, continue on to step E). Cereal products that have been fortified will have an ingredient statement similar to the following (for EXAMPLE purposes only):

- **Ingredients:** Corn flour blend (whole grain yellow corn flour and de-germinated yellow corn flour), sugar, oats, contains 2% or less of salt, baking soda, caramel color, annatto color, BHT for freshness.
- **Vitamins and Minerals:** Vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B6 (pyridoxine hydrochloride), reduced iron, zinc oxide, folic acid, vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, vitamin D, vitamin B12.

OR

E. **Is the product listed on any State agency's Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole-grain food list?**
Any grain product found on any State agency's Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole-grain food list is creditable in SFSP. Program operators can obtain a copy of a State agency's WIC-approved whole-grain food list by contacting the WIC State agency. For a list of WIC State agency contacts, please see www.fns.usda.gov/wic/wic-contacts.

OR

F. **Is the primary grain ingredient in the ingredient statement labeled as enriched?**
Ingredients that meet the standards for enrichment will include the word "enriched" as part of the ingredient name. This is typically declared on the label with the word "enriched" followed by the usual name of the grain ingredient along with the parenthetical listing of the enriched nutrients.

Some examples include: enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid); enriched cornmeal (...); enriched self-rising flour (...); and enriched farina (...).

Note: While enrichment of whole-grain cornmeal is not required, many programs choose to purchase these products for the added nutritional value.

OR

G. **Is the primary grain listed in the label ingredient statement designated as a whole grain?**
A whole-grain ingredient will usually include the word "whole," "cracked," "crushed," or "groats."

Some examples include: whole-wheat flour, cracked wheat, crushed wheat, buckwheat groats, graham flour (which is another name for whole-wheat flour), brown rice (which indicates that the rice retains the bran layer), old-fashioned oatmeal (also called rolled oats), quick-cooking oats, and whole cornmeal.

Some examples of grains that are whole grains, but are not always clearly indicated on the label as such include: amaranth, millet, and quinoa.

Note: nixtamalized corn (i.e., corn treated with lime), such as hominy, corn masa, and masa harina are considered whole grain when evaluating products for meal requirements. Nixtamalization is a process that increases the bioavailability of certain nutrients. If the ingredient statement indicates the corn is treated with lime (for example, "ground corn with trace of lime" or "ground corn treated with lime"), then the corn is nixtamalized.

If the label ingredient statement does not clearly indicate the grain is whole grain or enriched, documentation must be obtained from the manufacturer certifying the grain ingredient is whole grain or enriched.

Check with the manufacturer to verify if the product meets requirements.

OR

H. Is the primary grain listed in the label ingredient statement bran and/or germ?
Bran and germ are two components of grains. While not whole grains, they are nutritious portions of the grains and are, therefore, credited the same as enriched ingredients for all CNP. Bran or germ will be listed along with the name of the grains.

Some examples include: oat bran and wheat germ.

OR

I. Is there documentation from the manufacturer stating that the primary grain ingredient is a whole grain?
If the answer is "yes," documentation will be used to clearly indicate the grain is whole grain. Documentation must be obtained from the manufacturer certifying the grain ingredient is whole grain.

OR

J.
1. **If the primary grain ingredient is not creditable, does the ingredient statement list other grains that are creditable?**
2. **Is there documentation from the manufacturer stating the gram weight of the creditable grain(s) in one serving of the product and, if needed, stating that the grain is whole grain?**

If the answer is "yes to both questions," documentation will be used to certify that the grains ingredient(s) of the product meets meal requirements.

Some examples of grain ingredients that are not creditable include: bromated flour, corn grits, degerminated cornmeal, degerminated (grain), durum flour, farina, flour, plain flour, self-rising flour, semolina flour, white flour, wheat flour, and stone ground corn. These ingredients may only contribute to the grains/breads component if the ingredient list indicates that they are whole or enriched. You may also obtain documentation from the manufacturer.

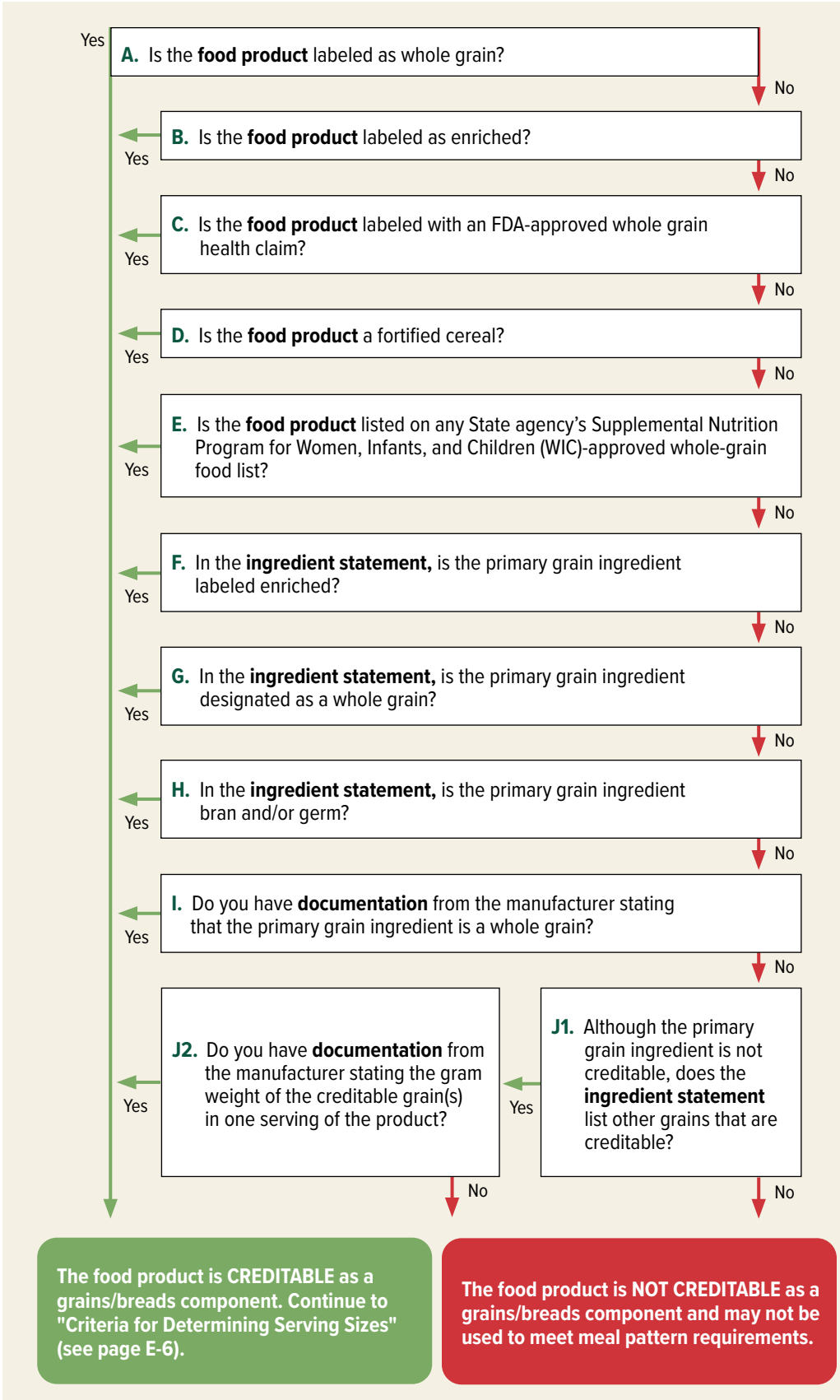
If the answer is "no" to all the above steps (A–J), the food product is not creditable toward the grains/breads component of a reimbursable meal. These items may be served as an "other foods" and used to help round out the meal as well as contribute calories and nutrients.

Instructions for using the Grains/Breads Flow Chart

Program operators need to verify that the food product is made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or if it is a cereal, that it is whole grain, enriched, or fortified. By using the following flow chart, you can evaluate a product to determine if it is creditable toward the grains/breads component.

Once you have determined if a grain product is creditable, it is important to read through the section, "Criteria for Determining Serving Sizes." This section will explain when to use Exhibit A (see pages E-10 through E-12), or when to calculate grams of creditable grains (see page E-8) to determine the portion size required to provide one grains/breads serving.

Flow Chart for Determining Creditable Grains/Breads



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Criteria for Determining Serving Sizes

There are two different ways to determine the portion size required to provide one grains/breads serving: (1) by using Exhibit A, or (2) by calculating the grams of creditable grains. Please note that a food item must provide at least 0.25 serving of grains/breads to contribute to meal pattern requirements.

A. Determining Serving Sizes Based on Exhibit A:

One grains/breads serving for commonly available food products can be determined using Exhibit A (pages E-10 through E-12). The wide variety of prepared food products listed in Exhibit A are grouped based on their average grain content. Food types having similar concentrations of creditable grains are grouped together. Each group in Exhibit A provides the minimum serving size needed to supply one full grains/breads serving. Use Exhibit A for products that are whole grain, enriched, or fortified (if a cereal), or for products that have a creditable grain as the primary grain ingredient.

The weight needed for each group of food products to provide one grains/breads serving differs since different types of food products vary in their concentrations of whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, or germ.

1. **Exhibit A, Groups A–G**

   For the types of food products listed in Groups A–G, one grains/breads serving provides at least 14.75 grams of creditable grains per serving. The serving sizes (weights) given in Exhibit A, Groups A–G, may be used for grains food products that are either commercially purchased or prepared on-site.

   Food products that are labeled whole grain or enriched, and food products that have a creditable grain as the primary grain ingredient, should adequately provide the minimum of 14.75 grams of creditable grains per serving (without obtaining manufacturers documentation) as long as the minimum serving sizes (weights) given in Exhibit A are met. If the product is not whole grain, enriched, or does not have a creditable grain for the primary grain ingredient, you must obtain manufacturers documentation showing the amount of creditable grain(s) in one portion of the product. Once documentation is obtained, calculate the serving size based on the grams of creditable grains as shown in step B.

   Exhibit A, Groups A–G provides the weight needed for ¼, ½, and ¾ of a grains/breads serving in addition to the weight needed for 1.0 grains/breads serving.

2. **Exhibit A, Groups H & I**

   For the types of food products listed in Groups H and I of Exhibit A to count as 1.0 grains/breads serving, the weights and volumes listed therein must be met.

   When items in Groups H and I are served as cooked breakfast cereals (such as cooked oatmeal, cooked millet, cooked rice, or cold cereal), or cooked pasta, the weights or volumes listed in Exhibit A, Groups H or I must be used as noted. For example, the serving size required for one grains/breads serving of cooked oatmeal made from dry oats is ½ cup cooked or 25 grams dry oats.

   Some of the food products in Group H, such as dry oatmeal or cornmeal, may be used as a grain ingredient in a recipe as well as a cooked cereal. When the cereal grain items listed in Group H are used as an ingredient in a recipe such as oatmeal bread or cornmeal

muffins (in contrast to being used as a cooked breakfast cereal), do not use the amounts listed in Group H. In this case, one grains/breads serving should be determined using the finished serving weights in Groups A–G of Exhibit A, or calculated using 14.75 grams of the creditable grains in one portion of the recipe.

For example, oatmeal bread made using dry oats may be credited in two different ways: (1) using the serving weight in Group B of Exhibit A which contains "bread" since the food type is now "bread," or (2) using the information in the following section, "Determining Serving Sizes Based on Creditable Grains Content."

B. Determining Serving Sizes Based on Creditable Grains Content

There are some situations where the creditable grains content would be used to calculate the serving size instead of using the serving weights given in Exhibit A. Some of these situations are: (1) a product is not whole grain, enriched, or fortified (if a cereal) and the primary grain ingredient is not a creditable grain; (2) a manufacturer claims that a product can provide the minimum of 14.75 grams of creditable grains per portion using a serving size less than the weights given in Exhibit A; or (3) a product is prepared on-site and you choose to calculate the serving size based on grams of creditable grains instead of using Exhibit A; or (4) a food product does not fit into one of the groups of Exhibit A.

In these cases, the menu planner will need to obtain documentation showing the weight of creditable grain(s) content contained in the item. This is easy for grain items prepared on-site, since the exact weight of the creditable grain ingredients can be documented based on the standardized recipe. For purchased products, the manufacturer will need to be contacted to obtain the required documentation showing the weight of creditable grains per portion contained in a specific food product. Be aware that some manufacturers will not provide this information if they consider it proprietary information. If you have a situation where documentation is required, but the manufacturer cannot supply the documentation, you cannot use that product as a creditable grains/breads component of a reimbursable meal.

When the exact or minimum amount of creditable grains can be documented, the grains serving for any grains product that is not a food type in Groups H or I may be calculated using 14.75 grams of creditable grains as one grains/breads serving.

There are three steps to determine how many creditable grains/breads servings a recipe yields:

1. Divide the total grams of creditable grains[1] in the recipe by the number of portions the recipe yields: (Note: 1 pound = 453.6 grams). One "portion" is the amount of the grain product you plan to serve; it is not necessarily equivalent to one grains/breads serving.

$$\frac{\text{Total grams of creditable grains in the recipe}}{\text{Number of portions the recipe yields}}$$

   This calculation gives you the total grams of creditable grains/breads contained in one portion of your recipe.

2. Divide the total grams of creditable grains in one portion by 14.75 grams:
   (note: 14.75 grams of creditable grains/breads = one full grains/breads serving)

$$\frac{\text{Total grams of creditable grains/breads in ONE portion}}{\text{14.75 grams}} = \text{the number of grains/breads servings per portion}$$

1 Creditable grains are whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, or germ.

This calculation gives you the number of creditable grains/breads servings per portion of the recipe. The smallest creditable serving of the grains/breads component is 0.25 serving.

3. Round down to the nearest 0.25 grains/breads serving. To count as one full grains/breads serving, a food product must contain no less than 14.75 grams (0.52 ounces) of enriched or whole grain meal and/or flour, bran and/or germ.

Worksheet for Calculating Grains/Breads Contribution for the Types of Grain Products in Groups A–G, Using Grams of Creditable Grains

Instructions:

1. On the worksheet (see page E-9), list each whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, or germ ingredient in the recipe.
2. Fill in the quantity (for example: cups, pounds, kilograms, ounces, grams, etc.) of each creditable grain ingredient in the recipe.
3. Convert the amount of each creditable grain ingredient in the recipe to grams. Use the chart below for commonly used conversions.

Conversions	
Number of pounds of ingredient	x 453.6 grams
Number of ounces of ingredient	x 28.35 grams
Number of cups of enriched white flour	x 125 grams
Number of cups of regular rolled oats	x 81 grams
Number of cups of quick-cooking oats	x 81 grams
Number of cups of degermed, enriched cornmeal	x 138 grams
Number of cups of wheat bran	x 58 grams
Number of cups of wheat germ	x 115 grams
Number of cups of whole-wheat flour	x 120 grams

4. Add the grams for each creditable grain ingredient to determine the total grams of creditable grains/breads in the recipe.
5. Divide the total grams of creditable grains in the recipe by the number of portions in the recipe to determine the number of grams of creditable grains/breads per portion of food product.
6. Divide the number of grams of creditable grains per portion by 14.75 grams (reference amount of whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, or germ in one grains/breads serving).
7. Round down to the nearest 0.25 grains/breads serving.

Worksheet

1. Creditable Grains/Breads Ingredient	2. Quantity (pounds, ounces, cups)	3. Convert to Grams (reference conversion chart)		Grams
		X	=	
		X	=	
		X	=	
		X	=	
		4. Total Grams	=	

5. Total grams divided by number of portions in recipe.

Total grams creditable grains/ breads from Step 4 ÷ **Number of portions per recipe** = _____ **Number of grams creditable grains/breads per portion**

6. Divide the number of grams per portion by 14.75

Number of grams creditable grains/breads per portion from Step 5 ÷ 14.75 = _____ **grains/breads serving(s)**

7. Round down to the nearest 0.25 grains/breads serving.

Grains/breads serving(s) from Step 6 = _____ **grains/breads serving(s)**

E Appendix

Exhibit A: Grain Requirements for Child Nutrition Programs

The following Chart titled "Exhibit A: Grain Requirements for Child Nutrition Programs" provides a general guideline for crediting prepared grain food products.

Once you have determined that a food product is creditable toward the grains/breads component (see page E-2), find the Group on the chart containing the name of the food product. Read the minimum serving size for that group on the right-hand side of the chart.

Exhibit A: Grain Requirements for Child Nutrition Programs[1, 2]

Color Key Footnote: 5 = Blue, Footnote 3 or 4 = Red

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group A	**Ounce Equivalent (oz eq) for Group A**	**Minimum Serving Size for Group A**
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	1 oz eq = 22 gm or 0.8 oz ¾ oz eq = 17 gm or 0.6 oz ½ oz eq = 11 gm or 0.4 oz ¼ oz eq = 6 gm or 0.2 oz	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
Group B	**Ounce Equivalent (oz eq) for Group B**	**Minimum Serving Size for Group B**
Bagels Batter type coating Biscuits Breads—all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet crackers[5] (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells	1 oz eq = 28 gm or 1.0 oz ¾ oz eq = 21 gm or 0.75 oz ½ oz eq = 14 gm or 0.5 oz ¼ oz eq = 7 gm or 0.25	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

1 In the NSLP, SBP (grades K–12), and NSLP afterschool snacks (effective July 1, 2025), at least 80 percent of the weekly grains offered must meet the whole grain-rich criteria and the remaining grain items offered must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Please note: State agencies have the discretion to set stricter requirements than the minimum nutrition standards for school meals. For additional guidance, please contact your State agency. For all other Child Nutrition Programs, grains must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Under the CACFP child and adult meal patterns and in the NSLP/SBP preschool meals, at least one grain serving per day must meet the whole grain-rich criteria.

2 For the NSLP, SBP (grades K–12), NSLP afterschool snacks, and CACFP, and NSLP/SBP infant and preschool meals grain quantities are determined using ounce equivalents (oz eq). SFSP may determine grain quantities using grains/breads servings. Some of the following grain items may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

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 toward the grains component in the SBP (grades K–12), NSLP afterschool snacks, CACFP, NSLP/SBP infant and preschool meals, and SFSP.

Chart continues on next page

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group C	**Ounce Equivalent (oz eq) for Group C**	**Minimum Serving Size for Group C**
Cookies[3] (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies[3], cobbler[3], fruit turnovers[4], and meats/meat alternate pies) Waffles	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	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
Group D	**Ounce Equivalent (oz eq) for Group D**	**Minimum Serving Size for Group D**
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)	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	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 0.5 oz
Group E	**Ounce Equivalent (oz eq) for Group E**	**Minimum Serving Size for Group E**
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 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	1 serving = 63 gm or 2.2 oz ¾ serving = 47 gm or 1.7 oz ½ serving = 31 gm or 1.1 oz ¼ serving = 16 gm or 0.6 oz
Group F	**Ounce Equivalent (oz eq) for Group F**	**Minimum Serving Size for Group F**
Cake[3] (plain, unfrosted) Coffee cake[4]	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

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 toward the grains component in CACFP or NSLP afterschool snacks (effective July 1, 2025), or NLSP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

4 Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K–12) as specified in §210.10. May count toward the grains component in SBP (grades K–12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP, NSLP afterschool snacks (effective July 1, 2025), or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

Chart continues on next page

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group G	**Ounce Equivalent (oz eq) for Group G**	**Minimum Serving Size for Group G**
Brownies[3] (plain) Cake[3] (all varieties, frosted)	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**
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 oz eq = ½ cup cooked or 1 ounce (28 gm) dry	1 serving = ½ cup cooked or 25 gm dry
Group I	**Ounce Equivalent (oz eq) for Group I**	**Minimum Serving Size for Group I**
Ready to eat breakfast cereal (cold, dry)[6,7,8,9]	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 = ¼ cup or 1 ounce for granola	1 serving = ¾ cup or 1 oz, whichever is less

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 toward the grain component in CACFP, NSLP afterschool snacks (effective July 1, 2025), or NSLP/SBP infant and preschool meals 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 that list a whole grain as the first ingredient must be fortified. If the cereal is 100 percent whole grain, fortification is not required. For all Child Nutrition Programs, cereals must be whole-grain, enriched, or fortified.

8 Effective July 1, 2025, cereals served in NSLP, SBP, and NSLP afterschool snacks must contain no more than 6 grams of added sugars per dry ounce.

9 Effective October 1, 2025, cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of added sugars per dry ounce. Prior to October 1, 2025, breakfast cereals served in the CACFP must contain no more than 6 grams of total sugars per dry ounce.