

## EXHIBIT A: GRAIN REQUIREMENTS FOR CHILD NUTRITION PROGRAMS<sup>1,2</sup>

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

| 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>• 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>  | <p>1 oz eq = 22 gm or 0.8 oz</p> <p>3/4 oz eq = 17 gm or 0.6 oz</p> <p>1/2 oz eq = 11 gm or 0.4 oz</p> <p>1/4 oz eq = 6 gm or 0.2 oz</p>   | <p>1 serving = 20 gm or 0.7 oz</p> <p>3/4 serving = 15 gm or 0.5 oz</p> <p>1/2 serving = 10 gm or 0.4 oz</p> <p>1/4 serving = 5 gm or 0.2 oz</p> |
| Group B   | 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</p> <p>3/4 oz eq = 21 gm or 0.75 oz</p> <p>1/2 oz eq = 14 gm or 0.5 oz</p> <p>1/4 oz eq = 7 gm or 0.25 oz</p> | <p>1 serving = 25 gm or 0.9 oz</p> <p>3/4 serving = 19 gm or 0.7 oz</p> <p>1/2 serving = 13 gm or 0.5 oz</p> <p>1/4 serving = 6 gm or 0.2 oz</p> |

<sup>1</sup>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.

<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 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.

<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), CACFP, NSLP/SBP infant and preschool meals, and SFSP.

| <b>Group C</b>   | <b>Oz Eq for Group C</b>   | <b>Minimum Serving Size for Group C</b>  |
|--|--|--|
| <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 oz eq = 34 gm or 1.2 oz<br>3/4 oz eq = 26 gm or 0.9 oz<br>1/2 oz eq = 17 gm or 0.6 oz<br>1/4 oz eq = 9 gm or 0.3 oz  | 1 serving = 31 gm or 1.1 oz<br>3/4 serving = 23 gm or 0.8 oz<br>1/2 serving = 16 gm or 0.6 oz<br>1/4 serving = 8 gm or 0.3 oz  |
| <b>Group D</b>   | <b>Oz Eq for Group D</b>   | <b>Minimum Serving Size for Group D</b>  |
| <ul style="list-style-type: none"> <li>• Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>• Cereal bars, breakfast bars, granola bars<sup>4</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>  | 1 oz eq = 55 gm or 2.0 oz<br>3/4 oz eq = 42 gm or 1.5 oz<br>1/2 oz eq = 28 gm or 1.0 oz<br>1/4 oz eq = 14 gm or 0.5 oz | 1 serving = 50 gm or 1.8 oz<br>3/4 serving = 38 gm or 1.3 oz<br>1/2 serving = 25 gm or 0.9 oz<br>1/4 serving = 13 gm or 0.5 oz |
| <b>Group E</b>   | <b>Oz Eq for Group E</b>   | <b>Minimum Serving Size 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 oz eq = 69 gm or 2.4 oz<br>3/4 oz eq = 52 gm or 1.8 oz<br>1/2 oz eq = 35 gm or 1.2 oz<br>1/4 oz eq = 18 gm or 0.6 oz | 1 serving = 63 gm or 2.2 oz<br>3/4 serving = 47 gm or 1.7 oz<br>1/2 serving = 31 gm or 1.1 oz<br>1/4 serving = 16 gm or 0.6 oz |
| <b>Group F</b>   | <b>Oz Eq for Group F</b>   | <b>Minimum Serving Size 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 oz eq = 82 gm or 2.9 oz<br>3/4 oz eq = 62 gm or 2.2 oz<br>1/2 oz eq = 41 gm or 1.5 oz<br>1/4 oz eq = 21 gm or 0.7 oz | 1 serving = 75 gm or 2.7 oz<br>3/4 serving = 56 gm or 2 oz<br>1/2 serving = 38 gm or 1.3 oz<br>1/4 serving = 19 gm or 0.7 oz   |

<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 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.

<sup>4</sup> 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.

| <b>Group G</b>   | <b>Oz Eq for Group G</b>   | <b>Minimum Serving Size 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 oz eq = 125 gm or 4.4 oz<br>3/4 oz eq = 94 gm or 3.3 oz<br>1/2 oz eq = 63 gm or 2.2 oz<br>1/4 oz eq = 32 gm or 1.1 oz                          | 1 serving = 115 gm or 4 oz<br>3/4 serving = 86 gm or 3 oz<br>1/2 serving = 58 gm or 2 oz<br>1/4 serving = 29 gm or 1 oz |
| <b>Group H</b>   | <b>Oz Eq for Group H</b>   | <b>Minimum Serving Size 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 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry  | 1 serving = 1/2 cup cooked or 25 gm dry   |
| <b>Group I</b>   | <b>Oz Eq for Group I</b>   | <b>Minimum Serving Size 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 oz eq = 1 cup or 1 ounce for flakes and rounds<br>1 oz eq = 1.25 cups or 1 ounce for puffed cereal<br>1 oz eq = 1/4 cup or 1 ounce for granola | 1 serving = 3/4 cup or 1 oz, whichever is less  |

<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 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.

<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 CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.