

# NATIONAL SCHOOL LUNCH PROGRAM





# Grains



# Whole Grain-Rich (WGR)

Whole grain-rich a USDA, Food and Nutrition Service (FNS) term.

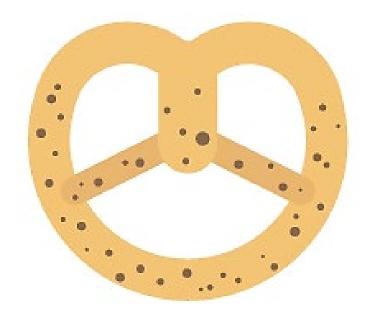
WGR indicates that the grains components in a product are at least 50 percent whole grain with the remaining grains being enriched. This term only refers to FNS criteria for meeting the grains requirements for the NSLP, SBP, and CACFP.



# **Grains Component - Lunch**

Food Component	K-5	6-8	9-12
Grains	8 oz eq (1)	8 oz eq (1)	10 oz eq (2)

- Required component in NSLP
- Measured by weight- ounce equivalents
- Weekly Minimums
- Daily Minimums()
- At least 80% of grain items must be WGR
- Any remaining grain items must be enriched





# **Grains Component - Lunch**

## Whole Grains

- Refer to grains that contain all of there original parts (i.e. the bran, germ, and endosperm)
- Contain naturally occurring nutrients and are a good source of fiber
- Ex: Brown Rice, Oatmeal,
   Quinoa, Whole Wheat

## **Enriched Grains**

- Refer to grain products in which nutrients are added back to the product after removing the bran and germ
- Nutrients are not added back in the same proportions in which they were removed
- Ex: Enriched Flour, Enriched Wheat Flour, Enriched Corn Meal



# **Identifying WGR Grains**

## WGR grains meet at least one of the following:

- Whole grains per 1 oz eq serving must be ≥ 8 grams or
- Product ingredient listing lists whole grain first or
- Product includes FDA's whole grain health claim 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."
  - "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."



# **Grains Component - Lunch**

## **Crediting Information**

- All grain products served in the NSLP must be credited based on per-ounce equivalent (oz eq) standards
- The minimum amount of grain creditable towards meal pattern requirements is
   0.25 oz eq
- Program operators have the ability to credit ounce equivalencies for grain products based on the ounce weights listed in USDA's <u>Exhibit A: Grain</u> <u>Requirements for Child Nutrition</u> <u>Programs</u>

Bread type coating   Bread type coating   Bread type coating   Bread type coating   Bread stype   Bread styp		
Bread sticks (hard)   3/4 oz eq = 17 gm or 0.8 oz   3/4 serving = 15/2   Chow Mein noodles   1/2 oz eq = 11 gm or 0.4 oz   1/4 oz eq = 8 gm or 0.2 oz   1/4 serving = 5 g  1/4 oz eq = 8 gm or 0.2 oz   1/4 serving = 5 g  1/4 oz eq = 8 gm or 0.2 oz   1/4 serving = 5 g  1/4 oz eq = 8 gm or 0.2 oz   1/4 serving = 5 g  1/4 serving = 5 g  1/4 oz eq = 8 gm or 0.2 oz   1/4 serving = 5 g  1/4 serving = 1	for Group A Group A	Group A
1/2 cz eq = 11 gm or 0.4 oz   1/2 serving = 10   1/4 serving = 5 group Croutons   1/4 oz eq = 6 gm or 0.2 oz   1/4 serving = 5 group Croutons   1/4 oz eq = 6 gm or 0.2 oz   1/4 serving = 5 group B   1/4 serving = 10 group B		
Savory Crackers (saltines and snack crackers)		
Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing  Group B  Bagels Bagels Batter type coating Biscuits 11 cz eq = 28 gm or 1.0 cz 3/4 cz eq = 21 gm or 0.75 cz 1/2 cz eq = 14 gm or 0.75 cz 1/2 cz eq = 14 gm or 0.75 cz 1/4 cz eq = 7 gm or 0.25 1/4 cz eq = 28 gm or 1.2 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 7 gm or 0.5 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 9 gm or 0.3 cz 1/4 cz eq = 6 gm or 0.3 cz 1/4 cz eq = 6 gm or 0.3 cz 1/4 cz eq = 6 gm or 0.3 cz 1/4 cz eq = 6 gm or 0.3 cz 1/4 cz eq = 6 gm or 0.3 cz 1/4 cz eq = 6 gm or 0.3 cz 1/4 cz eq = 6 gm or 0.3 cz 1/4 cz eq = 6 gm or 0.3 cz 1/4 cz eq = 6 gm or 0.3 cz 1/4 cz eq = 6 gm or 0.3 cz 1/4 cz eq = 6 gm or 0.3 cz 1/4 cz eq = 6 gm or 0.9 cz 1/4 cz eq = 6 gm or 0.9 cz 1/4 cz eq = 6 gm or 0.9 cz 1/4 c		
Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing  Group B  Bagels  Bagels  1 oz eq = 28 gm or 1, 0z 3/4 oz eq = 21 gm or 1, 0z 3/4 oz eq = 21 gm or 0.75 oz 3/4 oz eq = 21 gm or 0.75 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25  I/4 serving = 8 gm I/4 serving = 9 gm I/4 serving = 9 gm I/4 serving = 8 gm I/4 serving = 9 gm I/4 serving = 8 gm I/4 serving = 9 gm I/4 serving = 8	1/4 oz eq = 6 gm or 0.2 oz 1/4 serving = 5 gm or 0.2 o	
Stuffing (dry) Note: weights apply to bread in stuffing   Ounce Equivalent (az eq)   Group B   Group B   Group B   Group B   1 az eq = 28 gm or 1.0 az   1 serving = 28 gm or 1.0 az   1		
Ounce Equivalent (oz eq)   Minimum Servi   for Group B   25 gm or 1, 0 oz   3/4 toz eq = 28 gm or 1, 0 oz   3/4 toz eq = 21 gm or 0.75 oz   1 serving = 25 gm or 1, 0 oz   3/4 toz eq = 21 gm or 0.75 oz   1/4 toz eq = 7 gm or 0.75 oz   1/4 toz eq = 7 gm or 0.75 oz   1/4 toz eq = 7 gm or 0.25   1/4 toz eq = 7		
Group B   Group B   Group B   September		Stuffing (dry) Note: weights apply to bread in stuffing
Serving		Group B
Batter type costing   Size type   Size t		Group B
Bisouts   Bisouts   12 coz eq = 14 gm or 0.5 oz   1/2 serving = 13   1/4 serving = 8 gi	1 oz eq = 28 gm or 1.0 oz	Bagels
Breads - all (for example sliced, French, Italian) Bluns (hamburger and hot dog) Sweet Crackers' (graham crackers - all shapes, animal crackers) Egg roll skins Egg roll skins English muffins Pits bread Pitza crust Pretzels (soft) Rolls Tortillas Tortillas Tortilla chips Taco shells  Group C  Cookies' (plain - includes vanilla wafers) Combread 3/4 oz eq = 28 gm or 0.2 oz Com muffins 1/2 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 17 gm or 0.8 oz 1/2 oz eq = 17 gm or 0.3 oz 1/2 serving = 18 includes vanilla wafers) Combread  Group C  Commercial Com	3/4 oz eq = 21 gm or 0.75 oz 3/4 serving = 19 gm or 0.7	Batter type coating
Buns (hamburger and hot dog)  Sweet Crackers' (graham crackers - all shapes, animal crackers)  Egg roll skins  English muffins  Filta bread  Filtza crust  Pretzels (soft),  Rolls  Tortillac chips  Tortillac chips  Tortillac chips  Tortillac hips  Tortill		Biscuits
Sweet Crackers* (graham crackers - all shapes, animal crackers)  Egg roll skins  English mufflins  Prietzels (sort)  Prietzels (sort)  Rolls  Tortilla chips  Taoo shells   Group C  Cookies* (plain - includes vanilla wafers)  Combread  3/4 oz eq = 28 gm or 1.2 oz  Commumiflins  1/2 oz eq = 17 gm or 0.8 oz  1/2 oz eq = 17 gm or 0.8 oz  1/4 oz eq = 29 gm or 0.3 oz  All (sesert pies*, coobber*, fruit turnovers*, and meats/meat alternate pies)  Group D  Ounce Equivalent (oz eq)  Minimum Servi  Group D  Ounce Equivalent (oz eq)  for Group D  Ounce Equivalent (oz eq)  Minimum Servi  Group D  Ounce Equivalent (oz eq)  Group D  Ounce Equivalent (oz eq)  Minimum Servi  Group D  Ounce Equivalent (oz eq)  Group D  Ounce Equivalent (oz eq)  Minimum Servi  Group D  Ounce Equivalent (oz eq)  Group D  Ounce Equivalent (oz eq)  Minimum Servi  Group D  Ounce Equivalent (oz eq)  Group D  Ounce Equivalent (oz eq)  Minimum Servi  Group D  Ounce Equivalent (oz eq)  Group D  Ounce Equivalent (oz eq)  Ounce Equivalent (oz eq)  Group D  Ounce Equivalent (oz eq)  Ounce Equivalent (oz e	1/4 oz eq = 7 gm or 0.25 1/4 serving = 6 gm or 0.2 o	Breads - all (for example sliced, French, Italian)
Egg roll skins English muffins Pita bread Pitza crust Pretzels (soft) Rolls Tortillas Cortillas Tortilla chips		Buns (hamburger and hot dog)
English muffins Pitta bread Pitza crust Pretzels (soft) Rolls Tortillachips Tarol shells  Group C  Cookies' (plain - includes vanilla wafers) Combread 3'4 oz eq = 28 gm or 0.9 oz Commuffins 1/2 oz eq = 17 gm or 0.8 oz 1/2 oz eq = 17 gm or 0.8 oz 1/2 oz eq = 17 gm or 0.8 oz 1/4 oz eq = 0 gm or 0.9 oz 1/2 serving = 3.9 1/4 oz eq = 0 gm or 0.3 oz  Minimum Servi Group D  Ounce Equivalent (oz eq) 1/4 serving = 8 gi 1/4 oz eq = 9 gm or 0.3 oz  Minimum Servi Group D  Ounce Equivalent (oz eq) 1/2 serving = 16 1/3 serving = 3.9 1/4 serving = 8 gi 1/4 oz eq = 8 gm or 0.3 oz  Minimum Servi for Group D  Ounce Equivalent (oz eq) 1/4 serving = 8 gi 1/4 serving = 8		Sweet Crackers <sup>5</sup> (graham crackers - all shapes, animal crackers)
Pita bread   Pitza crust   Pretzels (soft)   Rolls   Tortillac hips   To		Egg roll skins
Pita bread   Pitza crust   Pretzels (soft)   Rolls   Tortillac hips   To		English muffins
Pretzels (soft)   Rolls   Tortillas   To		
Rolls   Tortillas   Tortilla		Pizza crust
Tortilla		Pretzels (soft)
Tortilla chips   Taoo shells		Rolls
Taco shells   Care		Tortillas
Ounce Equivalent (oz eq)   Minimum Servi		
Group C   Group C   Group C   Group C   Group C   Group C		Taco shells
To croup C   Group C   Group C   Group C   Strong C	Ounce Equivalent (oz eq) Minimum Serving Size	Group C
20		<b>-</b>
1/2 ac eq = 17 gm or 0.8 az   1/2 ac eq = 17 gm or 0.8 az   1/4 ac eq = 9 gm or 0.3 az   1/4 ac eq = 9 gm or 0.3 az   1/4 ac eq = 9 gm or 0.3 az   1/4 ac eq = 9 gm or 0.3 az   1/4 ac eq = 9 gm or 0.3 az   1/4 ac eq = 9 gm or 0.3 az   1/4 ac eq = 9 gm or 0.3 az   1/4 ac eq = 8 gm or 0.3 az   1/4 ac eq = 1/4 gm or 0.3 az   1/4 ac eq = 1/4 gm or 0.3 az   1/4 ac eq = 1/4 gm or 0.3 az   1/4 ac eq = 1/4 gm or 0.3 az   1/4 ac eq = 1/4 gm or 0.3 az   1/4 ac eq = 1/4 gm or 0.3 az   1/4 ac eq = 1/4 gm or 0.3 az   1/4 ac eq = 1/4 gm or 0.3 az   1/4 ac eq = 1/4 gm or 0.3 az   1/4 ac eq = 1/4 gm or 0.3 az   1/4 ac eq = 1/4 gm or 0.3 az   1/4 ac eq = 1/4 gm or 0.3 az   1/4 ac eq = 1/4 gm or 0.3 az   1/4 ac eq = 1/4 gm or 0.3 az   1/4 ac eq = 1/4 gm or 0.3 az   1/4 ac eq =		Cookies3 (plain - includes vanilla wafers)
Croissants Plancakes Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and mests/meat alternate pies) Wisffles  Group D  Doughnuts⁴ (cake and yeast raised, unfrosted)  Cereal bars, breakfast bars, granola bars⁴ (plain) Mitiffs (all, except corn)  12 ce q= 28 gm or 0.3 oz  Minimum Servi Group D  1 oz eq = 25 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 3/4 serving = 38; 3/4 serving = 8 gi		Combread
Panoskes	1/2 oz eq = 17 gm or 0.6 oz 1/2 serving = 16 gm or 0.6	Corn muffins
Pie crust (dessert pies*, cobbler*, fruit turnovers*, and meats/meat alternate pies)  Widiffies  Group D  Doughnuts* (cake and yeast raised, unfrosted)  Cereal bars, breakfast bars, granola bars* (plain)  10 z eq = 28 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.0 oz 1/3 49 serving = 38, 1/	1/4 oz eq = 9 gm or 0.3 oz 1/4 serving = 8 gm or 0.3 o	Croissants
and masts/meat alternate pies) Widfiles  Group D  Ounce Equivalent (oz eq) for Group D  Doughnuts' (cake and yeast raised, unfrosted) 1 oz eq = 55 gm or 2.0 oz Cereal bars, breakfast bars, granola bars' (plain) 3/4 oz eq = 42 gm or 1.0 oz 3/4 serving = 38, 3/4 serving = 38, 3/4 serving = 38, 3/4 serving = 38, 3/4 serving = 50, 3/4 oz eq = 42 gm or 1.0 oz 3/4 serving = 50, 3/4 oz eq = 28 gm or 1.0 oz 3/4 serving = 50, 3/4 oz eq = 28 gm or 1.0 oz 3/4 serving = 50, 3/4 serving = 50, 3/4 oz eq = 28 gm or 1.0 oz 3/4 serving = 50, 3/4 serving = 50, 3/4 serving = 50, 3/4 serving = 50, 3/4 oz eq = 42 gm or 1.0 oz 3/4 serving = 50, 3/4 oz eq = 42 gm or 1.0 oz 3/4 serving = 50, 3/4 oz eq = 42 gm or 1.0 oz 3/4 serving = 50, 3/4 oz eq = 42 gm or 1.0 oz 3/4 serving = 50, 3/4 oz eq = 42 gm or 1.0 oz 3/4 serving = 50, 3/4 oz eq = 60,		
Waffles         Ounce Equivalent (oz eq) for Group D         Minimum Serving Group D           Doughnuts* (cake and yeast raised, unfrosted)         1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 3/4 serving = 38, white Group D         1 serving = 50 gm or 2.0 oz 3/4 serving = 38, white Group D           William (all, except com)         1/2 oz eq = 28 gm or 1.0 oz 1/4 serving = 25, white Group D         3/4 serving = 25, white Group D		Pie crust (dessert pies <sup>3</sup> , cobbler <sup>3</sup> , fruit turnovers <sup>4</sup> ,
Ounce Equivalent (oz eq)   Minimum Servi		and meats/meat alternate pies)
Group D   Group D   Group D		Waffles
To Group D   Group G   G		Group D
Cereal bars, breakfast bars, granola bars* (plain)         3/4 oz eq = 42 gm or 1.5 oz         3/4 serving = 38 gm or 1.0 oz         1/2 oz eq = 28 gm or 1.0 oz         1/2 serving = 25 gm or 1.0 oz		•
Muffins (all, except corn) 1/2 oz eq = 28 gm or 1.0 oz 1/2 serving = 25		
0 4 10 5 4 10		
Toester pastry <sup>4</sup> (unfrosted) 1/4 oz eq = 14 gm or 0.5 oz 1/4 serving = 13 g	1/4 oz eq = 14 gm or 0.5 oz 1/4 serving = 13 gm or 0.5	Sweet rolf <sup>1</sup> (unfrosted)

In the NSLP and SBP (grades x-12), at least half of the weekly grains offered must meet the whole grain-rich criteria and the remaining grain items offered must be made from whole-grain freat, below-grain meal, com mass, mass lagging, hominy, enriched four, enriched pread, 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 four, whole-grain meal, corn mass, mass lggging, hominy, enriched group, enriched meal, from, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Under the CAEP child and adult meal patterns, and in the NSLP/SBP preschool meals, at least one grains serving per day must meet whole grain-rich criterial.



# **Calculating Grains with Exhibit A**

- 1) Check the Exhibit A to see which Group the item you are looking for is in.
- 2) Look at the nutrition facts label for how many grams or ounces the serving you are using is.
- 3) Time to do the math ©







## **Nutrition Facts**

Serving Size 1 breadstick (61g) Servings Per Container 54

## Amount Per Serving

Calories 160	Calories	from	Fat	35
		% Dail	y Val	ne,
Total Fat 4g			6	%
Saturated Fat	1.5g		6	%
Trans Fat 0g				
Cholesterol 0m	ng		0	%
Sodium 140mg			6	%
Total Carbohyo	drates 28g		9	%
Dietary Fiber	3g		11	%
Sugars 2g				

### Protein 5g

Vitamin A 0% Calcium 0%		6	Vitamin C 0%     Iron 8%				%	
:	Darcant	Daily	Mahana	200	hasad	-00	-	20

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	209	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carboh	ydrate	300g	375g
Dietary Fit	per	25g	30g

DOUGH INGREDIENTS: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE

MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), DEXTROSE, CONTAINS LESS THAN 2 % OF EACH OF THE FOLLOWING: INTERESTERIFIED SOYBEAN OIL, DRIED YEAST, NONFAT MILK, SALT, WHEAT FLOUR, MALTED BARLEY FLOUR WITH SULFITES, ENZYMES, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, SOYBEAN OIL, SORBITAN MONOSTEARATE.

#### SPREAD INGREDIENTS:

INTERESTERIFIED SOYBEAN OIL, CONTAINS LESS THAN 2 % OF EACH OF THE FOLLOWING: WATER, DRIED PARMESAN CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURES, ENZYMES, POWDERED CELLULOSE, SORBIC ACID PRESERVATIVE), DEHYDRATED GARLIC, SEASONING BLEND (DEHYDRATED GARLIC, BLACK PEPPER, SALT, BROWN SUGAR, DEHYDRATED ONION, NATURAL FLAVOR, PARSLEY, SILICON DIOXIDE), SALT, BUTTER (CREAM, SALT), DEHYDRATED ONION, MONO- AND DIGLYCERIDES, NATURAL FLAVOR, SOYBEAN OIL, CITRIC ACID PRESERVATIVE, ANNATTO EXTRACT COLOR.

CONTAINS: WHEAT, MILK.





## Nutrition Facts Serving Size 1 breadstick (61g)

Servings Per Container 54

#### **Amount Per Serving**

Calories 160	Calories	from Fat	35
		% Daily Val	ne,
Total Fat 4g		6	%
Saturated Fat	1.5g	6	%
Trans Fat 0g			
Cholesterol 0m	ıg	0	%
Sodium 140mg		6	%
Total Carbohyo	irates 28g	9	%
Dietary Fiber	3g	11	%
Sugars 2g			
			_

#### Protein 5g

Vitamin A 0%	<ul> <li>Vitamin C 0%</li> </ul>		
Calcium 0%	• Iron 8%		

 Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calones	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carboh	ydrate	300g	375g
Dietary Fit	ber	25g	30g

DOUGH INGREDIENTS: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), DEXTROSE, CONTAINS LESS THAN 2 % OF EACH OF THE FOLLOWING: INTERESTERIFIED SOYBEAN OIL, DRIED YEAST, NONFAT MILK, SALT, WHEAT FLOUR, MALTED BARLEY FLOUR WITH SULFITES, ENZYMES, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, SOYBEAN OIL, SORBITAN MONOSTEARATE.

#### SPREAD INGREDIENTS:

INTERESTERIFIED SOYBEAN OIL, CONTAINS LESS THAN 2 % OF EACH OF THE FOLLOWING: WATER, DRIED PARMESAN CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURES, ENZYMES, POWDERED CELLULOSE, SORBIC ACID PRESERVATIVE), DEHYDRATED GARLIC, SEASONING BLEND (DEHYDRATED GARLIC, BLACK PEPPER, SALT, BROWN SUGAR, DEHYDRATED ONION, NATURAL FLAVOR, PARSLEY, SILICON DIOXIDE), SALT, BUTTER (CREAM, SALT), DEHYDRATED ONION, MONO- AND DIGLYCERIDES, NATURAL FLAVOR, SOYBEAN OIL, CITRIC ACID PRESERVATIVE, ANNATTO EXTRACT COLOR.

CONTAINS: WHEAT, MILK.



## Which group contains the whole grain breadstick conversion?

#### Exhibit A: Grain Requirements For Child Nutrition Programs<sup>1,2</sup>

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 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	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 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* (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pitzar crust Pretzels (soft) Rolls Tortilla chips Taco shells	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	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
Cookies³ (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meats/meat alternate pies) Waffles	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	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz
Group D	Ounce Equivalent (oz eq) for Group D	Minimum Serving Size for Group D
Doughnuts' (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars' (plain) Muffins (all, except corn) Sweet roll' (unfrosted) Toaster pastry' (unfrosted)	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	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 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* (with nuts, dried fruit, and/or chocolate pieces) Cookies* (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts* (cake and yeast raised, frosted or glazed) French toast Sweet rolls* (frosted) Toaster pastry* (frosted)	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	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F	Ounce Equivalent (oz eq) for Group F	Minimum Serving Size for Group F
Cake <sup>3</sup> (plain, unfrosted) Coffee cake <sup>4</sup>	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	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
Group G	Ounce Equivalent (oz eq) for Group G	Minimum Serving Size for Group G
Brownies <sup>3</sup> (plain) Cake <sup>3</sup> (all varieties, frosted)	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	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 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) <sup>67</sup> Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry	1 serving = 1/2 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) <sup>kJ</sup>	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	1 serving = 3/4 cup or 1 oz, whichever is less



GROUP B	OZ EO FOR GROUP B
Bagels	1 oz eq = $28 \text{ gm or } 1.0 \text{ oz}$
Batter type coating	3/4 oz eq = 21 gm or 0.75 oz
Biscuits	1/2 oz eq = 14 gm or 0.5 oz
Breads (sliced whole wheat, French, Italian)	1/4  oz eq = 7  gm or  0.25  oz
Buns (hamburger and hot dog)	
Sweet Crackers <sup>4</sup> (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)	



GROUP B	OZ EO FOR GROUP	В	
Bagels	1 oz eg = $28 \text{ gm or } 1.0 \text{ oz}$	J	
Batter type coating	3/4 oz eq = 21 gm or 0.75 oz		
Biscuits	1/2 oz eq = 14 gm or 0.5 oz		
Breads (sliced whole wheat, French, Italian)	1/4 oz eq = 7 gm or 0.25 oz		
Buns (hamburger and hot dog)			
Sweet Crackers <sup>4</sup> (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)		Mint	rition Facts
Tortillas (whole wheat or whole corn)		INUL	TILIOTI Facts
Tortilla chips (whole wheat or whole corn)		Serving	Size 1 breadstick (61g) s Per Container 54
Taco shells (whole wheat or whole corn)		Servings	S F el Colitaillei 34
	•	Amount P	er Serving



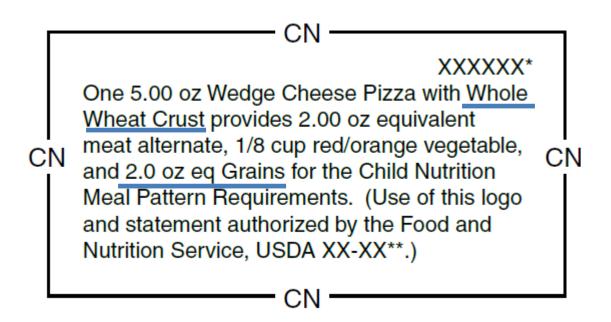
GROUP B	OZ EO FOR GROUP	В	
• Bagels	1 oz eq = $28 \text{ gm or } 1.0 \text{ oz}$	J	
Batter type coating	3/4 oz eq = 21 gm or 0.75 oz		
Biscuits	1/2 oz eq = 14 gm or 0.5 oz		
<ul> <li>Breads (sliced whole wheat, French, Italian)</li> </ul>	1/4 oz eq = 7 gm or 0.25 oz		
Buns (hamburger and hot dog)			
<ul> <li>Sweet Crackers<sup>4</sup> (graham crackers - all shapes,</li> </ul>			
animal crackers)			
Egg roll skins			
<ul> <li>English muffins</li> </ul>			
<ul> <li>Pita bread (whole wheat or whole grain-rich)</li> </ul>			
Pizza crust			
Pretzels (soft)			
Rolls (whole wheat or whole grain-rich)		Minte	ition Fact
Tortillas (whole wheat or whole corn)		Nutr	ILION Fact
<ul> <li>Tortilla chips (whole wheat or whole corn)</li> </ul>		Serving S	ze 1 breadstick (61g)
Taco shells (whole wheat or whole corn)		Servings	Per Container 54
(		Amount Per	Sendes

# $61gm \div 28gm = 2.17$

Grains round down to the closest .25 oz 2.17 rounds down to total a **2 oz eq** 



# **Creditable Serving**





United States Department				
d and Nutrition Service				
	It Care Food Prog	Documenting Grains gram, Summer Food S rschool Snacks		
(Crediting Standards		Creditable Grains per G e equivalent))	Grains/Breads Serving	
Program operators should include a cop on letterhead signed by an official comp that fits their specific menu planning ne-	oany representative. Pro			
	it Smile Pancakes	Code No.:	14005	
Manufacturer: ABC Bread C	ompany e.		icakes – 50g (1.75 oz.)	
manuracidiei.		a virig Size.	to calculate creditable grains)	
I. Does the product meet the whole gr	ain-rich criteria? Yes	x No		
cereals). (Different methodologies are of standard of 14.75g creditable grains per Indicate which Exhibit A Group (A-I) th	applied to calculate the r serving; Groups H and	I I use the standard of 25g cr	n creditable grains. Groups A-G editable grains per serving or v	use ti olume
cereals). (Different methodologies are o standard of 14.75g creditable grains pe	applied to calculate the r serving; Groups H and the product belongs: —  GRAMS OF CREDITABLE G INGREDIENT	grains contribution based or If use the standard of 25g cr C GRAM STANE RAIN CREDITABLE PER GRAINS/BREA	o creditable grains. Groups A-G editable grains per serving or v  DARD OF GRAINS AMOUNT LDS SERVING	use ti rolume
cereals). (Different methodologies are of standard of 14.75g creditable grains pel Indicate which Exhibit A Group (A-I) the DESCRIPTION OF CREDITABLE	applied to calculate the r serving; Groups H and the product belongs: —  GRAMS OF CREDITABLE G	grains contribution based or If use the standard of 25g cr C GRAM STANE RAIN CREDITABLE	o creditable grains. Groups A-G editable grains per serving or v  DARD OF GRAINS AMOUNT LDS SERVING	use ti rolume
cereals). (Different methodologies are of standard of 14.75g creditable grains pel Indicate which Exhibit A Group (A-I) the DESCRIPTION OF CREDITABLE	applied to calculate the r serving; Groups H and the product belongs:  GRAMS OF CREDITABLE GINGREDIENT PORTION	grains contribution based or If use the standard of 25g cr C GRAM STANE CREDITABLE PER PER GRAINS/BREA (14.75g or	oreditable grains. Groups A-G editable grains per serving or v MARD OF GRAINS IDS SERVING 225g) <sup>2</sup> A+B	use ti rolume
cereals, (Different methodologies are standard of 14.75g creditable grains pe Indicate which Exhibit A Group (A-I) th DESCRIPTION OF CREDITABLE GRAIN INGREDIENT*	poplied to calculate their serving: Groups H and e product belongs:  GRAMS OF CREDITABLE G INGREDIENT PORTION	grains contribution based or II use the standard of 25g cr C GRAIN GRAIN CREDITABLE PER GRAINS/BEA/ (14.75g or B	preditable grains. Groups A-G editable grains per serving or vitable grains per serving or vitable grains per serving or vitable grains per serving AMOUNT AMOUNT DS SERVING 25g) <sup>2</sup> A + B 1.0169	use ti rolume
cereals, (Different methodologies are standard of 14.75g creditable grains pel Indicate which Exhibit A Group (A-I) th DESCRIPTION OF CREDITABLE GRAIN INGREDIENT*  Whole wheat flour (30%)	graphied to calculate their serving: Groups H and e product belongs:  GRAMS OF CREDITABLE G INGREDIENT PORTION A 15	grains contribution based or if use the standard of 25g cr C  GRAIN GRAIN CREDITABLE PER GRAINS/BREA (14.75g or B	creditable grains. Groups A-G	use ti rolume
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cereals, (Different methodologies are standard of 14.75g creditable grains pe Indicate which Exhibit A Group (A-I) th  DESCRIPTION OF CREDITABLE GRAIN INGREDIENT*  Whole wheat flour (30%)  Enriched flour (22%)	poplied to calculate the serving; Groups H and the product belongs:  GRAMS OF CREDITABLE OF INGREDIENT INFORTION  15  11	grains contribution based or I use the standard of 25g cr  GRAM STANL CREDITABLE PER GRAINSIBREA (14.75g 14.75 Total Credita	creditable grains. Groups A-G	use ti rolume
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cereals, (Different methodologies are standard of 14.75g creditable grains pe Indicate which Exhibit A Group (A-I) th  DESCRIPTION OF CREDITABLE GRAIN INGREDIENT*  Whole wheat flour (30%) Enriched flour (22%)  * Creditable grains vary by Program. Se 'Serving steel X % of creditable grains for 'Standard grams of creditable grains for 'Total Creditable Amount must be roun Total weight (per portion) of product as	re the FBG for specific in formula), serving sizes on the corresponding ded down to the near purchased 50g (1.75 grains/br. e. and correct and that se and correct and that se and correct and that se and correct and that	grains contribution based or U use the standard of 25g cr C GRAM STANK CREDITABLE PER GRAINS/REAL 14.75g or B 14.75 14.75  Total Credita rogram requirements. other than grams must be con croup in Exhibit A. st quarter (0.25) grains/brea 5 02.) sads serving(s).	Creditable grains   Groups A-G	use ti
cereals, (Different methodologies are estandard of 14.75g creditable grains pelindicate which Exhibit A Group (A-I) th  DESCRIPTION OF CREDITABLE GRAIN INGREDIENT*  Whole wheat flour (30%)  Enriched flour (22%)  * Creditable grains vary by Program. Se  1 Serving steel X (% of creditable grains in 2 standard grams of creditable grains in 3 standard grams of credit	re the FBG for specific in formula), serving sizes on the corresponding ded down to the near purchased 50g (1.75 grains/br. e. and correct and that se and correct and that se and correct and that se and correct and that	grains contribution based or U use the standard of 25g cr C GRAM STANK CREDITABLE PER GRAINS/REAL 14.75g or B 14.75 14.75  Total Credita rogram requirements. other than grams must be con croup in Exhibit A. st quarter (0.25) grains/brea 5 02.) sads serving(s).	Creditable grains   Groups A-G	use ti

	•			
			umenting Grains/Breads S Summer Food Service Pro ol Snacks	
(Crediting Standar	ds Based on I	Exhibit A Weights per	Grains/Breads Serving (not o	unce equivalent))
	official company		ed product package in addition to t perators have the option to choose	
Product Name:	Wheat Sn	nile Pancakes	Code No.:	14005
Manufacturer: Al	BC Bread Con	npany Ser	ving Size: 2 pancakes –	50g (1.75 oz.)
I. Does the product meet th	e whole grain-ri	ch criteria? YesX	No	
Indicate which Exhibit A Gr DESCRIPTION OF PR PER EXHIBIT	RODUCT	PORTION SIZE OF PRODUCT AS PURCHASED	WEIGHT OF ONE GRAINS/BREADS SERVING AS LISTED IN	CREDITABLE AMOUNT
			В	Α÷Β
		50 grams	31 grams	1.61
Pancakes				
	et he rounded de	um to the pearest quarter (	Total Creditable Amount <sup>1</sup>	1.50
Total Creditable Amount mu		F0-	0.25) grains/breads serving. Do <b>not</b> r	
Total Creditable Amount mu Total weight (per portion) of	product as purc	hased 50g	0.25) grains/breads serving. Do <b>not</b> r	
<sup>1</sup> Total Creditable Amount mu Total weight (per portion) of Total contribution of product	product as purc	hased 50g 1.50 grains/breads ser	0.25) grains/breads serving. Do <b>not</b> r rving(s).	ound up.
Total Creditable Amount mu Total weight (per portion) of Total contribution of produc	product as purc t (per portion) ve information is	1.50 grains/breads set	0.25) grains/breads serving. Do <b>not</b> r	ound up.
Total Creditable Amount mu Total weight (per portion) of Total contribution of product I further certify that the above provides 1.50 grains/b	product as purc t (per portion) ve information is	1.50 grains/breads set true and correct and that	0.25) grains/breads serving. Do <b>not</b> $r$ .  rving(s).  a $\frac{1.75}{r}$ ounce portion of this p	ound up.
<sup>1</sup> Total Creditable Amount mu Total weight (per portion) of Total contribution of product	product as purc t (per portion) ve information is	1.50 grains/breads set true and correct and that	0.25) grains/breads serving. Do <b>not</b> r rving(s).	ound up.





**United States Department of Agriculture** 



110694 - Tortillas, Whole Grain/Whole Grain-Rich Category: Grains (Whole Grain)



#### **Product Description**

 This item is 8-inch wheat tortillas that are made from whole wheat flour or a combination of whole wheat and enriched wheat flour. This product is delivered frozen in cases containing twelve packages, each with 24 tortillas.

#### Crediting/Yield

- · One case of product yields 288 tortillas.
- CN Crediting: 1 whole grain tortilla credits as 1.5 ounce equivalent of grains.

#### **Culinary Tips and Recipes**

- Whole grain tortillas can be used for deli wraps, burritos, and quesadillas.
- Whole grain tortillas can also be cut up and baked to make a crunchy topping for soup or salad or a baked chip for dipping.
- For culinary techniques and recipe ideas, visit the Institute of Child Nutrition or USDA's Team Nutrition.

#### **Food Safety Information**

 For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: <u>Developing a School Food Safety Program Based on</u> the <u>Process Approach to HACCP Principles</u>.

Visit us at www.fns.usda.gov/usda-fis

### **Nutrition Facts**

Serving size: 8" whole grain tortilla

Amount Per Serving
Calories 120

Total Fat 3g

Saturated Fat 1.5g

Trans Fat Og

Cholesterol Omg

Sodium 220mg

Total Carbohydrate 21g

Dietary Fiber 2g

Sugars 1g

Protein 3g

Source: USDA Foods Vendor Labels

Allergen Information: Product contains wheat. Please refer to allergen statement on the outside of the product package for vendorspecific information. For more information, please contact the manufacturer directly.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

### NUTRITION

### Food Distribution

USDA Foods Show

### **RESOURCES**

- Fact Sheet: Diversion to Processor
- Fact Sheet: DOD \( \begin{align\*}
   = \begin{align\*}
- Food Safety
- School Nutrition Programs
- Summer Food Service Program
- USDA FDP Information Sheets
- USBA Foods Processing
- USDA Infographics
- USDA Policy Memos

https://www.isbe.net/Pages/School-Nutrition-Programs-Food-Distribution.aspx





**United States Department of Agriculture** 



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### NUTRITION

### **Food Distribution**

USDA Foods Show

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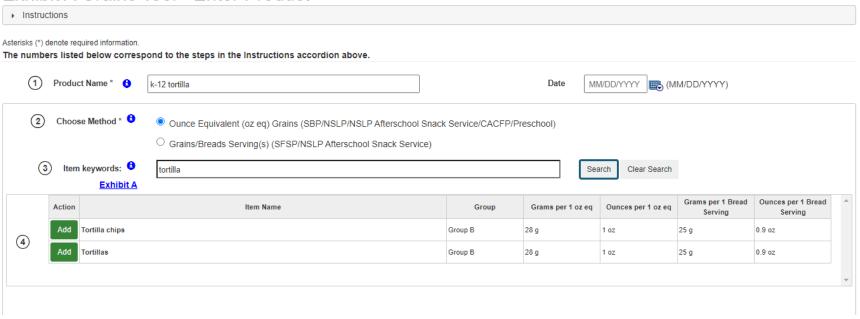
https://www.isbe.net/Pages/School-Nutrition-Programs-Food-Distribution.aspx







## Exhibit A Grains Tool - Enter Product







**Food Buying Guide Trainings** 

The Food Buying Guide Interactive
Web-based Tool