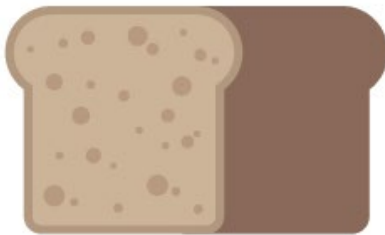




NATIONAL SCHOOL LUNCH PROGRAM



Grains



Whole Grain-Rich (WGR)

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

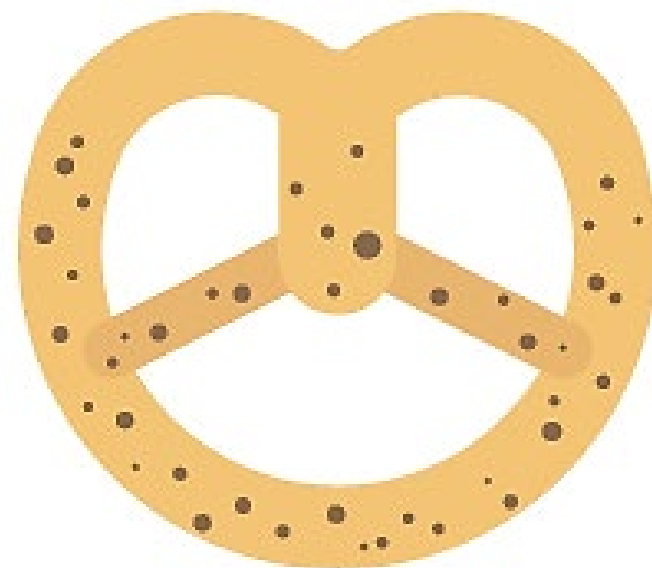
WGR indicates that the grains components in a product are at least 50 percent whole grain with the remaining grains being enriched. This term only refers to FNS criteria for meeting the grains requirements for the NSLP, SBP, and CACFP.



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 their 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 [Exhibit A: Grain Requirements for Child Nutrition Programs](#)

Exhibit A: Grain Requirements for Child Nutrition Programs^{1, 2}

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
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) CROUTONS Pretzels (hard) Stuffing (dry) <i>Note: weights apply to bread in stuffing</i>	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 ³ (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tostitos 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
Cookies ³ (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies ³ , cobbler ³ , fruit turnovers ³ , and meats/meat alternate pies) Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 25 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 ³ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars ³ (plain) Muffins (all, except corn) Sweet roll ³ (unfrosted) Tostitos pastry ³ (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

¹ In the NSLP and SBP (grades K-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 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 whole grain-rich criteria.



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**

% Daily Value*

Total Fat 4g **6 %**

Saturated Fat 1.5g **6 %**

Trans Fat 0g

Cholesterol 0mg **0 %**

Sodium 140mg **6 %**

Total Carbohydrates 28g **9 %**

Dietary Fiber 3g **11 %**

Sugars 2g

Protein 5g

Vitamin A 0% • Vitamin C 0%

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:

	Calories	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 Carbohydrate		300g	375g
Dietary Fiber		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 Value*

Total Fat 4g **6 %**

Saturated Fat 1.5g **6 %**

Trans Fat 0g

Cholesterol 0mg **0 %**

Sodium 140mg **6 %**

Total Carbohydrates 28g **9 %**

Dietary Fiber 3g **11 %**

Sugars 2g

Protein 5g

Vitamin A 0% • Vitamin C 0%

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:

	Calories	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 Carbohydrate		300g	375g
Dietary Fiber		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^{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) <i>Note: weights apply to bread in stuffing</i>	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 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 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
Cookies ⁵ (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 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 ³ (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 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 ⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies ⁵ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts ³ (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 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 ³ (plain, unfrosted) Coffee cake ⁴	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 ³ (plain) Cake ³ (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) ^{3, 7} 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) ^{6, 7}	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 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 Crackers⁴ (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)	<div>1 oz eq = 28 gm or 1.0 oz</div> <div>3/4 oz eq = 21 gm or 0.75 oz</div> <div>1/2 oz eq = 14 gm or 0.5 oz</div> <div>1/4 oz eq = 7 gm or 0.25 oz</div>



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 Crackers⁴ (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)	<ul style="list-style-type: none">• 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





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 Crackers⁴ (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)	<ul style="list-style-type: none">• 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

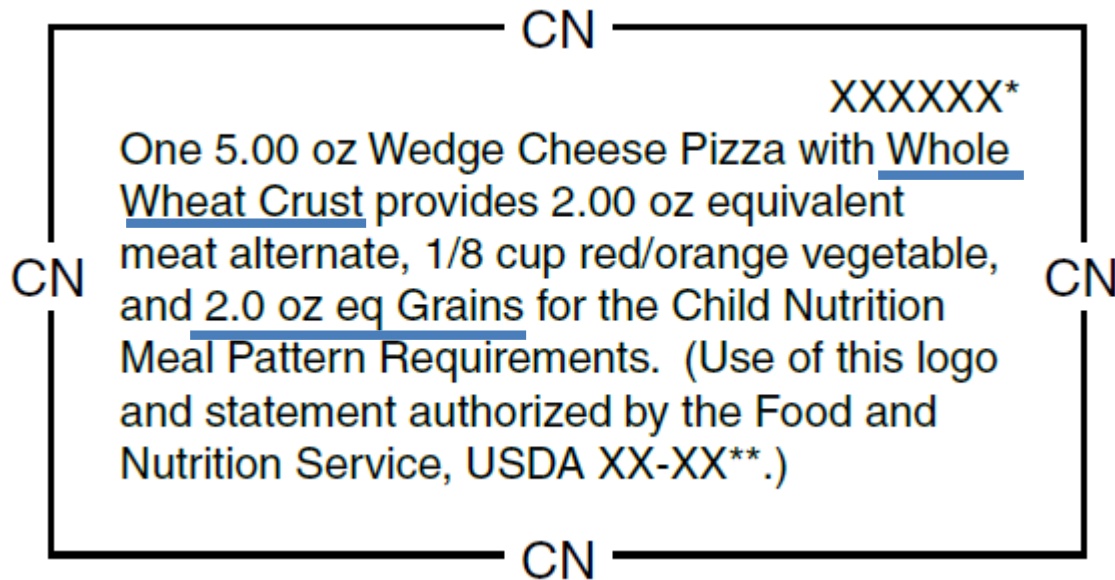


$$61\text{gm} \div 28\text{gm} = 2.17$$

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



Creditable Serving





Food and Nutrition Service

**Product Formulation Statement for Documenting Grains/Breads Servings
in the Child and Adult Care Food Program, Summer Food Service Program, and
NSLP Afterschool Snacks**

(Crediting Standards Based on Grams of Creditable Grains per Grains/Breads Serving
(not ounce equivalent))

Program operators should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Program operators have the option to choose the crediting method that fits their specific menu planning needs.

Product Name: Wheat Smile Pancakes Code No.: 14005
 Manufacturer: ABC Bread Company Serving Size: 2 pancakes – 50g (1.75 oz.)
 (raw dough weight may be used to calculate creditable grains)

I. Does the product meet the whole grain-rich criteria? Yes X No

II. Use Exhibit A: Grain Requirements for Child Nutrition Programs in the *Food Buying Guide for Child Nutrition Programs* (FBG) to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate the grains contribution based on creditable grains. Groups A-G use the standard of 14.75g creditable grains per serving; Groups H and I use the standard of 25g creditable grains per serving or volume.)

Indicate which Exhibit A Group (A-I) the product belongs: C

DESCRIPTION OF CREDITABLE GRAIN INGREDIENT ¹	GRAMS OF CREDITABLE GRAIN INGREDIENT PER PORTION ¹	GRAM STANDARD OF CREDITABLE GRAINS PER GRAINS/BREADS SERVING (14.75g or 25g) ²	CREDITABLE AMOUNT
	A	B	A ÷ B
Whole wheat flour (30%)	15	14.75	1.0169
Enriched flour (22%)	11	14.75	0.7457
		Total	1.76
		Total Creditable Amount³	1.75

* Creditable grains vary by Program. See the FBG for specific Program requirements.

¹ (Serving size) X (% of creditable grains in formula); serving sizes other than grams must be converted to grams.

² Standard grams of creditable grains from the corresponding Group in Exhibit A.

³ Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) grains/breads serving. Do **not** round up.

Total weight (per portion) of product as purchased 50g (1.75 oz.)

Total contribution of product (per portion) 1.75 grains/breads serving(s).

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 1.75 grains/breads serving(s).

Signature _____ Title _____

Printed Name _____ Date _____ Phone Number _____

Product Formulation Statement (PFS) with grains/breads servings highlighted

September 2020



Food and Nutrition Service

**Product Formulation Statement for Documenting Grains/Breads Servings
in the Child and Adult Care Food Program, Summer Food Service Program, and
NSLP Afterschool Snacks**

(Crediting Standards Based on Exhibit A Weights per Grains/Breads Serving (not ounce equivalent))

Program operators should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Program operators have the option to choose the crediting method that fits their specific menu planning needs.

Product Name: **Wheat Smile Pancakes** Code No: **14005**

Manufacturer: **ABC Bread Company** Serving Size: **2 pancakes – 50g (1.75 oz.)**

I. Does the product meet the whole grain-rich criteria? Yes X No

II. Use Exhibit A: Grain Requirements for Child Nutrition Programs in the Food Buying Guide for Child Nutrition Programs (FBG) to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals).

(Different methodologies are applied to calculate the grains contribution based on creditable grains. Groups A-G use the standard of 14.75g creditable grains per serving; Groups H and I use the standard of 25g creditable grains per serving or volume.)

Indicate which Exhibit A Group (A-I) the product belongs: C

DESCRIPTION OF PRODUCT PER EXHIBIT A	PORTION SIZE OF PRODUCT AS PURCHASED	WEIGHT OF ONE GRAINS/BREADS SERVING AS LISTED IN EXHIBIT A	CREDITABLE AMOUNT
	A	B	A ÷ B
Pancakes	50 grams	31 grams	1.61
Total Creditable Amount*			1.50

¹ Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) grains/breads serving. Do **not** round up.

Total weight (per portion) of product as purchased 50g

Total contribution of product (per portion) 1.50 grains/breads serving(s).

I further certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 1.50 grains/breads serving(s).

Signature _____ Title _____

Printed Name _____ Date _____ Phone Number _____

Product Formulation Statement (PFS) with grains/breads servings highlighted



United States Department of Agriculture



**USDA Foods
in Schools**

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: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

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 0g

Cholesterol 0mg

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 vendor-specific 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
- Fact Sheet: USDA Foods
- Food Safety
- School Nutrition Programs
- Summer Food Service Program
- [USDA FDP Information Sheets](#)
- USDA Foods Processing
- USDA Infographics
- USDA Policy Memos

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



United States Department of Agriculture



**USDA Foods
in Schools**

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



Product Description

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- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

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Nutrition Facts

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Protein 3g

Source: USDA Foods Vendor Labels

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- USDA Policy Memos

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



 An official website of the United States government [Here's how you know](#) ✓



Food Buying Guide for Child Nutrition Programs

U.S. DEPARTMENT OF AGRICULTURE

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WELCOME TO THE FOOD BUYING GUIDE

The Interactive Food Buying Guide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access tools, such as the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.

Food Items Search	Food Item Favorites	Download Food Buying Guide
Exhibit A Grains Tool	FBG Calculator	Recipe Analysis Workbook (RAW)



Exhibit A Grains Tool - Enter Product

Instructions

Asterisks (*) denote required information.

The numbers listed below correspond to the steps in the Instructions accordion above.

1 Product Name * ?

Date (MM/DD/YYYY)

2 Choose Method * ?

☒ Ounce Equivalent (oz eq) Grains (SBP/NSLP/NSLP Afterschool Snack Service/CACFP/Preschool)

☐ Grains/Breads Serving(s) (SFSP/NSLP Afterschool Snack Service)

3 Item keywords: ?

[Exhibit A](#)

4

Action	Item Name	Group	Grams per 1 oz eq	Ounces per 1 oz eq	Grams per 1 Bread Serving	Ounces per 1 Bread Serving
<input type="button" value="Add"/>	Tortilla chips	Group B	28 g	1 oz	25 g	0.9 oz
<input type="button" value="Add"/>	Tortillas	Group B	28 g	1 oz	25 g	0.9 oz



[Food Buying Guide Trainings](#)

[The Food Buying Guide Interactive](#)
[Web-based Tool](#)