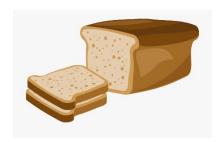




# School Breakfast Program









# 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 - Breakfast**

Food Component	K-5	6-8	9-12
Grains	7 oz eq (1)	8 oz eq (1)	9 oz eq (1)

- Required component in SBP
- 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 – Breakfast**

### 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 - Breakfast**

### **Crediting Information**

- All grain products served in the SBP 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>

	Color Key: Footnote 5 = Blue, I	Child Nutrition Programs Footnote 3 or 4 = Red	·	
		Ounce Equivalent (oz eq	Minimum Serving Size for	
Group A		for Group A	Group A	
Bread type coating Bread sticks (hard)		1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz	
Chow Mein noodles		1/2 oz eq = 11 gm or 0.4 oz	1/2 serving = 10 gm or 0.4 oz	
Savory Crackers (saltines and snack crack Croutons	kers)	1/4 oz eq = 6 gm or 0.2 oz	1/4 serving = 5 gm or 0.2 oz	
Pretzels (hard)				
Stuffing (dry) Note: weights apply to bread in	stuffing			
Group B		Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B	
Bagels		1 oz eq = 28 gm or 1.0 oz	1 serving = 25 gm or 0.9 oz	
Batter type coating		3/4 oz eq = 21 gm or 0.75 oz		
Biscuits Breads - all (for example sliced, French, It	elien)	1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25	1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz	
Buns (hamburger and hot dog)	-			
Sweet Crackers <sup>8</sup> (graham crackers - all sh Egg roll skins	apes, animal crackers)			
English muffins	O F	· I		
Pita bread Pizza crust	Group E		Ounce Equivalent (oz eq) for Group E	Minimum Serving Size for Group
Pretzels (soft)	Cereal bars, breakfast bars		1 oz eq = 69 gm or 2.4 oz	1 serving = 63 gm or 2.2 o
Rolls	(with nuts, dried fruit, and/		3/4 oz eq = 52 gm or 1.8 oz	3/4 serving = 47 gm or 1.7
Tortillas Tortilla chips	Cookies3 (with nuts, raisins	s, chocolate pieces	1/2 oz eq = 35 gm or 1.2 oz	1/2 serving = 31 gm or 1.1
Taco shells	and/or fruit purees)	st raised, frosted or glazed)	1/4 oz eq = 18 gm or 0.6 oz	1/4 serving = 16 gm or 0.6
0	French toast	st raiseu, irosteu or giazeu)		
Group C	Sweet rolls4 (frosted)			
Cookies <sup>3</sup> (plain - includes vanilla wafers) Combread	Toaster pastry4 (frosted)			
Corn muffins	Group F		Ounce Equivalent (oz eq) for Group F	Minimum Serving Size for Group
Croissants Pancakes	Cake <sup>3</sup> (plain, unfrosted)		1 oz eg = 82 gm or 2.9 oz	1 serving = 75 gm or 2.7 g
Pie crust (dessert pies <sup>3</sup> , cobbler <sup>3</sup> , fruit turn	Coffee cake <sup>4</sup>		3/4 oz eq = 62 gm or 2.2 oz	3/4 serving = 75 gm or 2 o
and meats/meat alternate pies)	Conco cano		1/2 oz eq = 41 gm or 1.5 oz	1/2 serving = 38 gm or 1.3
Waffles	-		1/4 oz eq = 21 gm or 0.7 oz	1/4 serving = 19 gm or 0.7
Group D	Group G		Ounce Equivalent (oz eq) for Group G	Minimum Serving Size for Group
Doughnuts <sup>4</sup> (cake and yeast raised, unfrom Cereal bars, breakfast bars, granola bars <sup>4</sup>			1 oz eg = 125 gm or 4.4 oz	1 serving = 115 gm or 4 oz
Muffins (all, except corn)	Cake <sup>3</sup> (all varieties, frosted	) l	3/4 oz eq = 94 gm or 3.3 oz	3/4 serving = 86 gm or 3 o
Sweet roll <sup>4</sup> (unfrosted) Toaster pastry <sup>4</sup> (unfrosted)		·	1/2 oz eq = 63 gm or 2.2 oz	1/2 serving = 58 gm or 2 o
In the NSLP and SBP (grades K-12), at least h	:		1/4 oz eq = 32 gm or 1.1 oz	1/4 serving = 29 gm or 1 o
offered must be made from whole-grain four	Group H		Ounce Equivalent (oz eq) for Group H	Minimum Serving Size for Group
an enriched product, such as enriched bread, the minimum nutrition standards for school i		oa, etc.)	1 oz eq = 1/2 cup cooked	1 serving = 1/2 cup cooked
Programs, grains must be made from whole-	Breakfast cereals (cooked)	6,7	or 1 ounce (28 gm) dry	or 25 gm dry
germ, or be an enriched product, such as enr	Daigar or ordertod mileat			
preschool meals, at least one grains serving p	macaroni (an anapea)			
	Noodles (all varieties)			
	Pasta (all shapes) Ravioli (noodle only)			
	Rice			
	Group I		Ounce Equivalent (oz eq) for Group I	Minimum Serving Size for Group
	Ready to eat breakfast cer	eal (cold. dry) <sup>6,7</sup>	1 oz eg = 1 cup or 1 ounce	1 serving = 3/4 cup or 1 oz
		am (aoid) ar Ji	for flakes and rounds	whichever is less
	1		1 oz eg = 1.25 cups	
			or 1 ounce for puffed cereal	



## **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**

1 Servings Per Container Serving Size 1 BISCUIT (34 g)

Amount Per Serving

110

Calories	<u> 110</u>
% Dail	y Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	6%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	5%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.8mg	4%
Potassium 230mg	4%
Thiamin	10%
Riboflavin	6%
Folate	2%
* The % Daily Value (dv) tells you how much in a serving of food contributes to a daily	diet. 2,000

calories a day is used for general nutrition advice.

WHOLE WHEAT FLOUR, BUTTERMILK, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), PALM OIL, SKIM MILK, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA), MALTODEXTRIN, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, POTASSIUM CHLORIDE, MODIFIED CORNSTARCH, WATER, SOYBEAN OIL, ARTIFICIAL FLAVOR, SALT, SOY LECITHIN.



## Which group contains the whole grain biscuit 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 Pitza crust Pretzels (soft) Rolls Tortillas 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* (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies*, cobbler*, fruit turnovers*, 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 rolis' (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>a</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>a</sup> (plain) Cake <sup>a</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>6,7</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>6,7</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



## **Nutrition Facts**

1 Servings Per Container

Serving Size 1 BISCUIT (34 g)

Amount Per Serving

Riboflavin

Folate

Calories 11	(	)
-------------	---	---

Calories	<u>110</u>
% Daily	Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	6%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	5%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.8mg	4%
Potassium 230mg	4%
Thiamin	10%

The % Daily Value (dv) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

6%

Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bages	1 oz eq = 28 gm or 1.0 oz	1 serving = 25 gm or 0.9 oz
Ratter type coating	3/4 oz eq = 21 gm or 0.75 oz	3/4 serving = 19 gm or 0.7 oz
Biscuits	1/2 oz eq = 14 gm or 0.5 oz	1/2 serving = 13 gm or 0.5 oz
Breads - all (for example sliced, French, Italian)	1/4 oz eq = 7 gm or 0.25	1/4 serving = 6 gm or 0.2 oz
Buns (hamburger and hot dog)		
Sweet Crackers5 (graham crackers - all shapes,		
animal crackers)		
Egg roll skins		
English muffins		
Pita bread		
Pizza crust		
Pretzels (soft)		
Rolls		
Tortillas		
Tortilla chips		
Taco shells		



6%

#### **Nutrition Facts** 1 Servings Per Container Serving Size 1 BISCUIT (34 g) Amount Per Serving 110 Calories % Daily Value\* Total Fat 5g Saturated Fat 3g 15% Trans Fat 0g Cholesterol 0mg 0% Sodium 250mg 11% Total Carbohydrate 15g 5% Dietary Fiber 2g 6% Total Sugars 1g Includes 0g Added Sugars 0% Protein 3g 5% Vitamin D 0mcg 0% Calcium 20mg 2% Iron 0.8mg 4% Potassium 230mg 4% Thiamin 10% Riboflavin

\* The % Daily Value (dv) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Folate

Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bagels Ratter type coating	1 oz eq = 28 gm or 1.0 oz	1 serving = 25 gm or 0.9 oz
Biscuits	3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz	3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz
Breads - all (for example sliced, French, Italian)	1/4 oz eq = 7 gm or 0.25	1/4 serving = 6 gm or 0.2 oz
Buns (hamburger and hot dog)		
Sweet Crackers5 (graham crackers - all shapes,		
animal crackers)		
Egg roll skins		
English muffins		
Pita bread		
Pizza crust		
Pretzels (soft)		
Rolls		
Tortillas		
Tortilla chips		
Taco shells		

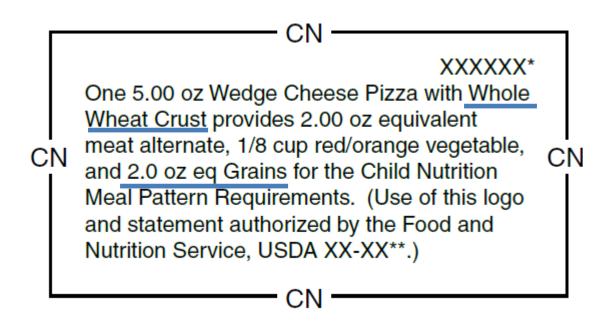
Nutrition Fac  1 Servings Per Container Serving Size 1 BISCUIT (34 g)	ts
Amount Per Serving Calories	110
% Daily	/ Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	6%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	5%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.8mg	4%
Potassium 230mg	4%
Thiamin	10%
Riboflavin	6%
Folate	2%
<ul> <li>The % Daily Value (dv) tells you how much in a serving of food contributes to a daily calories a day is used for general nutrition</li> </ul>	diet. 2,000

	Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
	Bagels	1 oz eq = 28 gm or 1.0 oz	1 serving = 25 gm or 0.9 oz
	Batter type coating	3/4 oz eg = 21 gm or 0.75 oz	3/4 serving = 19 gm or 0.7 oz
	Biscuits	1/2 oz/eq = 14 gm or 0.5 oz	1/2 serving = 13 gm or 0.5 oz
	Breads - all (for example sliced, French, Italian)	1/4 oz eq = 7 gm or 0.25	1/4 serving = 6 gm or 0.2 oz
	Buns (hamburger and hot dog)		
	Sweet Crackers <sup>5</sup> (graham crackers - all shapes,		
	animal crackers)		
	Egg roll skins		
	English muffins		
	Pita bread		
	Pizza crust		
	Pretzels (soft)		
\	Rolls		
	Tortillas /		
	Tortilla chips		
	Taco shells		

34 gm ÷ 28 gm= 1.21 Round down 1 ounce equivalent serving



# **Creditable Serving**





d and Nutrition Service				
	Adult Care Food		enting Grains/Breads Sei Immer Food Service Prog Snacks	
(Crediting Stand		ms of Creditat tounce equivo	nle Grains per Grains/Bread elent))	s Serving
	l company representati		product package in addition to the rators have the option to choose t	
	Wheat Smile Panca	akes	Code No.:	14005
	ead Company	Serving Size		(1.75 oz.)
Manufacturer.			veight may be used to calculate cre	
I. Does the product meet the wh	ole grain-rich criteria?		No	,
			e Food Buying Guide for Child N	
cereals). (Different methodologie standard of 14.75g creditable gra Indicate which Exhibit A Group (	ins per serving; Groups	H and I use the	standard of 25g creditable grains	
standard of 14.75g creditable gra	A-I) the product belong  BLE GRA  CREDITA	gs: C  MS OF BLE GRAIN	standard of 25g creditable grains GRAM STANDARD OF CREDITABLE GRAINS	
standard of 14.75g creditable gra Indicate which Exhibit A Group ( DESCRIPTION OF CREDITA	ins per serving: Groups A-I) the product belon ABLE GRA CREDITA INGRED POR	gs: C  MS OF BLE GRAIN	standard of 25g creditable grains GRAM STANDARD OF	per serving or volur
standard of 14.75g creditable gra Indicate which Exhibit A Group ( DESCRIPTION OF CREDITA	ins per serving: Groups A-I) the product belong BELE GRA CREDITA INGRED POR	MS OF BLE GRAIN DIENT PER FRIION'	GRAM STANDARD OF CREDITABLE GRAINS ER GRAINS/BREADS SERVING (14.75g or 25g) <sup>2</sup>	per serving or volur  CREDITABLE  AMOUNT
standard of 14.75g creditable gra Indicate which Exhibit A Group ( DESCRIPTION OF CREDITA GRAIN INGREDIENT*	ins per serving: Groups A-I) the product belong ABLE GRA CREDITA INGRED POR	S H and I use the gs: C  MS OF BLE GRAIN DIENT PER F TTION' A	GRAM STANDARD OF CREDITABLE GRAINS ER GRAINS/BREADS SERVING (14.75g or 25g) <sup>3</sup>	CREDITABLE AMOUNT A÷B
standard of 14.75g creditable gra Indicate which Exhibit A Group ( DESCRIPTION OF CREDITA GRAIN INGREDIENT  Whole wheat flour (30%)	ins per serving: Groups A-I) the product belong ABLE GRA CREDITA INGRED POR	s H and I use the gs: C gs: C MS OF BLE GRAIN DIENT PER RTION' A	GRAM STANDARD OF CREDITABLE GRAINS GRAINS/BREADS SERVING (14.75g or 25g) <sup>2</sup> B  14.75  14.75	CREDITABLE AMOUNT  A ÷ B 1.0169 0.7457
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standard of 14.75g creditable gra Indicate which Exhibit A Group ( DESCRIPTION OF GREDITA GRAIN INGREDIENT Whole wheat flour (30%) Enriched flour (22%)  * Creditable grains vary by Progra  * Greditable grains vary by Creditable grains of cr	A-I) the product belon BLE GRAL CREDITA INGRED POR  The product belon RELE GRAL CREDITA INGRED POR  The product belon Th	gs: C  MS OF BILE GRAIN DIENT PER FITTON A  15  11  ecific Program re g sizes other than ding Group in E	GRAM STANDARD OF CREDITABLE GRAINS ER GRAINS/BREADS SERVING (14.75g or 25g) <sup>2</sup> B 14.75 14.75 Total Total Creditable Amount <sup>3</sup> quirements. grams must be converted to grams	CREDITABLE AMOUNT  A * B  1.0169  0.7457  1.76
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od and Nutrition Service			
		umenting Grains/Breads S Summer Food Service Pr ol Snacks	
(Crediting Standards Based or	n Exhibit A Weights per	Grains/Breads Serving (not	ounce equivalent))
Program operators should include a copy of on letterhead signed by an official compan fits their specific menu planning needs.			
Product Name: Wheat S	Smile Pancakes	Code No.:	14005
Manufacturer:ABC Bread Co	ompany Ser	ving Size: 2 pancakes	– 50g (1.75 oz.)
I. Does the product meet the whole grain	-rich criteria? Yes X	No	
to determine if the product fits into Group Different methodologies are applied to ca of 14.75g creditable grains per serving; Gro	ps A-G (baked goods), Ground include the grains contribution by H and I use the standa	up H (cereal grains) or Group I (R1 on based on creditable grains. Gr	E breakfast cereals). oups A-G use the standard
II. Use Exhibit A: Grain Requirements for to determine if the product fits into Group (Different methodologies are applied to cof 14.75g creditable grains per serving: Graindicate which Exhibit A Group (A-I) the page 2015 Company of the page 2015	ps A-G (baked goods), Ground include the grains contribution by H and I use the standa	up H (cereal grains) or Group I (R1 on based on creditable grains. Gr	E breakfast cereals). oups A-G use the standard
to determine if the product fits into Group (Different methodologies are applied to co of 14.75g creditable grains per serving; Gru Indicate which Exhibit A Group (A-I) the p  DESCRIPTION OF PRODUCT	ps A-G (baked goods), Groundleulate the grains contribution oups H and I use the standard oroduct belongs:  PORTION SIZE OF PRODUCT AS	p H (cereal grains) or Group I (R1 on based on creditable grains. Gr ord of 25g creditable grains per se WEIGHT OF ONE GRAINS/BREADS SERVING	TE breakfast cereals).  oups A-G use the standard riving or volume.)  CREDITABLE
to determine if the product fits into Group (Different methodologies are applied to co of 14.75g creditable grains per serving; Gru Indicate which Exhibit A Group (A-I) the p  DESCRIPTION OF PRODUCT	ps A-G (baked goods), Grou iculate the grains contribution outs H and I use the standa product belongs:  PORTION SIZE OF PRODUCT AS PURCHASED	p H (cereal grains) or Group I (R1 on based on creditable grains. Gr of of 25g creditable grains per se  WEIGHT OF ONE GRAINS/BREADS SERVING AS LISTED IN EVUIDIT A	TE breakfast cereals).  Oups A-G use the standard riving or volume.)  CREDITABLE AMOUNT
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to determine if the product fits into Group (Different methodologies are applied to co of 14.75g creditable grains per serving; Gre Indicate which Exhibit A Group (A-I) the p  DESCRIPTION OF PRODUCT PER EXHIBIT A  Pancakes	ps A-G (baked goods), Grous iculate the grains contribution output H and I use the standard oroduct belongs:  PORTION SIZE OF PRODUCT AS PURCHASED  A 50 grams  down to the nearest quarter (	pp H (cereal grains) or Group I (R1 on based on creditable grains. Gr of of 25g creditable grains per se  WEIGHT OF ONE GRAINS/BREADS SERVING AS LISTED IN EVUIDIT A  B  31 grams Total Creditable Amount*	TE breakfast cereals).  Outs A-G use the standard viving or volume.)  CREDITABLE AMOUNT  A * B  1.61  1.50
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## **SBP**



**United States Department of Agriculture** 



in Schools

USDA Foods 110393 - Pancakes, Whole Grain/Whole Grain-Rich Category: Grains (Whole Grain)



#### **Product Description**

· These whole grain-rich pancakes are made with whole wheat flour or a combination of whole wheat flour and enriched wheat flour. This item is delivered frozen in cases containing 144 1.2-ounce servings.

#### Crediting/Yield

- · One case of pancakes provides 144 servings.
- . CN Crediting: A 1.2-ounce serving of pancakes credits as 1 ounce equivalent grains.

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

- · Serve pancakes for breakfast or lunch. Add fresh or thawed frozen fruit as a pancake topping.
- Use pancakes as the grain component for a breakfast sandwich.
- · 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

#### Serving size: 1 ounce equivalent (34g) **Amount Per Serving** Calories 70 Total Fat 2g Saturated Fat Og Trans Fat Og Cholesterol 3mg Sodium 135mg Total Carbohydrate 13g Dietary Fiber 1g

**Nutrition Facts** 

Protein 2g

Allergen Information: Product contains wheat, eggs, milk, and may contain soy. Please refer to the allergen statement on the outside of the product package for additional allergen information. For more product-specific information, please contact the manufacturer.

Source: USDA Foods Vendor Labels

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

#### NUTRITION

#### **Food Distribution**

USDA Foods Show

#### RESOURCES

- Fact Sheet: Diversion to Processor 💺
- Fact Sheet: DOD \( \begin{align\*}
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- Fact Sheet: USDA Foods \( \rightarrow\)
- 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



## **SBP**



**United States Department of Agriculture** 



USDA Foods 110393 - Pancakes, Whole Grain/Whole Grain-Rich in Schools Category: Grains (Whole Grain)



#### **Product Description**

 These whole grain-rich pancakes are made with whole wheat flour or a combination of whole wheat flour and enriched wheat flour. This item is delivered frozen in cases containing 144 1.2-ounce servings.

#### Crediting/Yield

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- CN Crediting: A 1.2-ounce serving of pancakes credits as 1 ounce equivalent grains.

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

#### **Nutrition Facts**

Serving size: 1 ounce equivalent (34g)

#### **Amount Per Serving**

Calories 70

#### Total Fat 2g

Saturated Fat Og

#### Trans Fat Og

Cholesterol 3mg

#### Sodium 135mg

Total Carbohydrate 13g

#### Dietary Fiber 1g

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#### Sugars 3g Protein 2g

Source: USDA Foods Vendor Labels

Allergen Information: Product contains wheat, eggs, milk, and may contain soy. Please refer to the allergen statement on the outside of the product package for additional allergen information. For more product-specific information, please contact the manufacturer.

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

- Food Safety
- · School Nutrition Programs
- Summer Food Service Program
- USDA FDP Information Sheets
- USDA Foods Processing
- USDA Infographics
- USDA Policy Memos

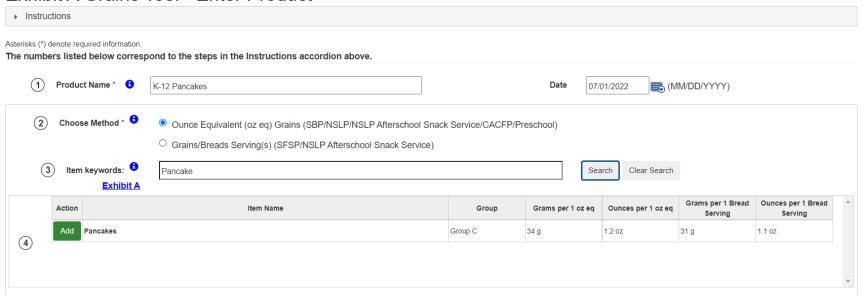
https://www.isbe.net/Pages/School-Nutrition-Programs-Food-Distribution.aspx







#### Exhibit A Grains Tool - Enter Product







**Food Buying Guide Trainings** 

The Food Buying Guide Interactive
Web-based Tool



# Meat/Meat Alternate- Breakfast

Meat and/or meat alternates may be substituted for a second grain in the School Breakfast Program.

For more information on how to credit a meat or meat alternate as a grain please review the School Breakfast Program Meat/Meat Alternate training.

