

**EXHIBIT A: GRAIN REQUIREMENT FOR CHILD NUTRITION PROGRAMS<sup>1,2</sup>**

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

Some of the following foods, or their accompaniments, may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<b>GROUP A</b>	<b>Ounce Equivalent (Oz Eq) for Group A</b>	<b>Minimum Serving Size for Group A</b>
<ul style="list-style-type: none"> <li>Breading-Type Coating</li> <li>Bread Sticks (<i>hard</i>)</li> <li>Chow Mein Noodles</li> <li>Savory Crackers (<i>saltines and snack crackers</i>)</li> <li>Croutons</li> <li>Pretzels, (<i>hard</i>)</li> <li>Stuffing, (<i>dry</i>) Note: weights apply to bread in stuffing.</li> </ul>	1 oz eq = 22 gm or 0.8 oz ¾ oz eq = 17 gm or 0.6 oz ½ oz eq = 11 gm or 0.4 oz ¼ oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz ¾ serving = 15 gm or 0.5 oz ½ serving = 10 gm or 0.4 oz ¼ serving = 5 gm or 0.2 oz
<b>GROUP B</b>	<b>Oz Eq for Group B</b>	<b>Minimum Serving Size for Group B</b>
<ul style="list-style-type: none"> <li>Bagels</li> <li>Batter type Coating</li> <li>Biscuits</li> <li>Breads – all (i.e. <i>white, wheat, whole wheat, French, Italian</i>)</li> <li>Buns (<i>hamburger and hot dog</i>)</li> <li>Sweet Crackers<sup>5</sup> (<i>graham crackers – all shapes, animal crackers</i>)</li> <li>Egg Roll Skins</li> <li>English Muffins</li> <li>Pita Bread</li> <li>Pizza Crust</li> <li>Pretzels (<i>soft</i>)</li> <li>Rolls</li> <li>Tortillas</li> <li>Tortilla Chips</li> <li>Taco Shells</li> </ul>	1 oz eq = 28 gm or 1.0 oz ¾ oz eq = 21 gm or 0.75 oz ½ oz eq = 14 gm or 0.5 oz ¼ oz eq = 7 gm or 0.25 oz	1 serving = 25 gm or 0.9 oz ¾ serving = 19 gm or 0.7 oz ½ serving = 13 gm or 0.5 oz ¼ serving = 6 gm or 0.2 oz
<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> (<i>plain – includes vanilla wafers</i>)</li> <li>Cornbread</li> <li>Corn Muffins</li> <li>Croissants</li> <li>Pancakes</li> <li>Pie Crust (<i>dessert pies<sup>3</sup>, cobbler<sup>3</sup>, fruit turnover<sup>4</sup>, and meat/meat alternate pies</i>)</li> <li>Waffles</li> </ul>	1 oz eq = 34 gm or 1.2 oz ¾ oz eq = 26 gm or 0.9 oz ½ oz eq = 17 gm or 0.6 oz ¼ oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz ¾ serving = 23 gm or 0.8 oz ½ serving = 16 gm or 0.6 oz ¼ serving = 8 gm or 0.3 oz
<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> (<i>cake and yeast, raised, unfrosted</i>)</li> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (<i>plain</i>)</li> <li>Muffins (<i>all, except corn</i>)</li> <li>Quick Breads</li> <li>Sweet Roll, Sticky Buns, Cinnamon Rolls, Danish Pastries, Caramel Rolls<sup>4</sup> (<i>unfrosted</i>)</li> <li>Toaster Pastry<sup>4</sup> (<i>unfrosted</i>)</li> </ul>	1 oz eq = 55 gm or 2.0 oz ¾ oz eq = 42 gm or 1.5 oz ½ oz eq = 28 gm or 1.0 oz ¼ oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz ¾ serving = 38 gm or 1.3 oz ½ serving = 25 gm or 0.9 oz ¼ serving = 13 gm or 0.5 oz

<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 Roll, Sticky Buns, Cinnamon Rolls, Danish Pastries, Caramel Rolls<sup>4</sup> (frosted)</li> <li>Toaster Pastry<sup>4</sup> (frosted)</li> </ul>	1 oz eq = 69 gm or 2.4 oz ¾ oz eq = 52 gm or 1.8 oz ½ oz eq = 35 gm or 1.2 oz ¼ oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz ¾ serving = 47 gm or 1.7 oz ½ serving = 31 gm or 1.1 oz ¼ serving = 16 gm or 0.6 oz
<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 ¾ oz eq = 62 gm or 2.2 oz ½ oz eq = 41 gm or 1.5 oz ¼ oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz ¾ serving = 56 gm or 2 oz ½ serving = 38 gm or 1.3 oz ¼ serving = 19 gm or 0.7 oz
<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 ¾ oz eq = 94 gm or 3.3 oz ½ oz eq = 63 gm or 2.2 oz ¼ oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz ¾ serving = 86 gm or 3 oz ½ serving = 58 gm or 2 oz ¼ serving = 29 gm or 1 oz
<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>Corn Grits</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 = ½ cup cooked or 1 ounce (28 gm) dry	1 serving = ½ c cooked or 25 gm or 0.9 oz dry ¾ serving = ¾ c cooked or 19 gm or 0.7 oz dry ½ serving = ¼ c cooked or 13 gm or 0.5 oz dry ¼ serving = 2 T cooked or 6 gm or 0.2 oz 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 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = ¼ cup or 1 ounce for granola	1 serving = ¾ c or 1 oz, whichever is less ½ serving = ⅓ c or 0.5 oz, whichever is less

<sup>1</sup>In NSLP and SBP (grades K-12), all grains served must meet whole grain-rich criteria. 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 October 1, 2019, grain quantities in CACFP and NSLP/SBP preschool meals will be determined using oz eq.

<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 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 preschool meals beginning Oct. 1, 2017, as specified in §§226.20(a)(4) and 210.10.

<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 preschool meals, and SFSP.

<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.