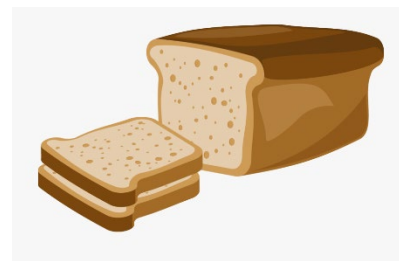
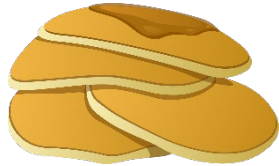




School Breakfast Program



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 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 - 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 [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	1 oz eq = 22 gm or 0.8 oz	1 serving = 20 gm or 0.7 oz
Bread sticks (hard)	3/4 oz eq = 17 gm or 0.6 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 crackers)	1/4 oz eq = 6 gm or 0.2 oz	1/4 serving = 5 gm or 0.2 oz
Croûtons		
Pretzels (hard)		
Stuffing (dry) <i>Note: weights apply to bread in stuffing</i>		
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	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 ³ (graham crackers - all shapes, animal crackers)		
Egg roll skins		
English muffins		
Pita bread		
Pizza crust		
Pretzels (soft)		
Rolls		
Tortillas		
Tortilla chips		
Taco shells		
Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
Cookies ⁴ (plain - includes vanilla wafers)		
Cornbread		
Corn muffins		
Croissants		
Pancakes		
Pie crust (dessert pies ⁵ , cobbler ⁵ , fruit turn and meats/meat alternate pies)		
Waffles		
Group D	Ounce Equivalent (oz eq) for Group D	Minimum Serving Size for Group D
Doughnuts ⁴ (cake and yeast raised, unfrosted)		
Cereal bars, breakfast bars, granola bars ⁴ (with nuts, dried fruit, and/or chocolate pieces)		
Muffins (all, except corn)		
Sweet roll ⁴ (unfrosted)		
Toaster pastry ⁴ (unfrosted)		
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)	1 oz eq = 69 gm or 2.4 oz	1 serving = 63 gm or 2.2 oz
Cookies ⁴ (with nuts, raisins, chocolate pieces and/or fruit purees)	3/4 oz eq = 52 gm or 1.8 oz	3/4 serving = 47 gm or 1.7 oz
Doughnuts ⁴ (cake and yeast raised, frosted or glazed)	1/2 oz eq = 35 gm or 1.2 oz	1/2 serving = 31 gm or 1.1 oz
French toast	1/4 oz eq = 18 gm or 0.6 oz	1/4 serving = 16 gm or 0.6 oz
Sweet rolls ⁴ (frosted)		
Toaster pastry ⁴ (frosted)		
Group F	Ounce Equivalent (oz eq) for Group F	Minimum Serving Size for Group F
Cake ⁴ (plain, unfrosted)	1 oz eq = 82 gm or 2.9 oz	1 serving = 75 gm or 2.7 oz
Coffee cake ⁴	3/4 oz eq = 62 gm or 2.2 oz	3/4 serving = 56 gm or 2 oz
	1/2 oz eq = 41 gm or 1.5 oz	1/2 serving = 38 gm or 1.3 oz
	1/4 oz eq = 21 gm or 0.7 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 ⁴ (plain)	1 oz eq = 125 gm or 4.4 oz	1 serving = 115 gm or 4 oz
Cake ⁴ (all varieties, frosted)	3/4 oz eq = 94 gm or 3.3 oz	3/4 serving = 86 gm or 3 oz
	1/2 oz eq = 63 gm or 2.2 oz	1/2 serving = 58 gm or 2 oz
	1/4 oz eq = 32 gm or 1.1 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.)	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry	1 serving = 1/2 cup cooked or 25 gm dry
Breakfast cereals (cooked) ^{6,7}		
Bulgur or cracked wheat		
Macaroni (all shapes)		
Noodles (all varieties)		
Pasta (all shapes)		
Ravioli (noodle only)		
Rice		
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

¹ In the NSLP and SBP (grades K-12), at least half offered must be made from whole-grain flour, an enriched product, such as enriched bread, the minimum nutrition standards for school nutrition programs, grains must be made from whole-grain, or be an enriched product, such as enriched preschool meals, at least one grain serving per



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

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%

* 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.

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^{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 ³ (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies ⁵ , cobbler ⁵ , fruit turnovers ⁵ , 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 ⁴ (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 ⁴ (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 ⁵ (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 ⁵ (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) ^{6,7} 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



Nutrition Facts

1 Servings Per Container

Serving Size 1 BISCUIT (34 g)

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%

* 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.

Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bags	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	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 ⁵ (graham crackers - all shapes, animal crackers)		
Egg roll skins		
English muffins		
Pita bread		
Pizza crust		
Pretzels (soft)		
Rolls		
Tortillas		
Tortilla chips		
Taco shells		



Nutrition Facts

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

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%

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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 ⁵ (graham crackers - all shapes, animal crackers)		
Egg roll skins		
English muffins		
Pita bread		
Pizza crust		
Pretzels (soft)		
Rolls		
Tortillas		
Tortilla chips		
Taco shells		



Nutrition Facts

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

Amount Per Serving

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Total Fat 5g 6%

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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%

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Riboflavin 6%

Folate 2%

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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 oz	1/4 serving = 6 gm or 0.2 oz
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		

$34 \text{ gm} \div 28 \text{ gm} = 1.21$

Round down

1 ounce equivalent serving



Creditable Serving

CN

XXXXXX*

One 5.00 oz Wedge Cheese Pizza with Whole Wheat Crust provides 2.00 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 2.0 oz eq Grains for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**.)

CN

CN



SBP

United States Department of Agriculture

USDA Foods in Schools

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

Nutrition Facts

Serving size: 1 ounce equivalent (34g)

Amount Per Serving	
Calories	70
Total Fat	2g
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol	3mg
Sodium	135mg
Total Carbohydrate	13g
Dietary Fiber 1g	
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
- 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>



SBP

United States Department of Agriculture

**USDA Foods
in Schools**

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Category: **Grains (Whole Grain)**

Product Description

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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

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

Nutrition Facts

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Sodium	135mg
Total Carbohydrate	13g
Dietary Fiber	1g
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.

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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>



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

- HOME
- MEAL COMPONENTS
- FOOD ITEMS
- TOOLS
- APPENDIXES
- HELP
- LOG OUT

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](#)

Action	Item Name	Group	Grams per 1 oz eq	Ounces per 1 oz eq	Grams per 1 Bread Serving	Ounces per 1 Bread Serving
④ <input type="button" value="Add"/>	Pancakes	Group C	34 g	1.2 oz	31 g	1.1 oz



[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.

