

Grains/Breads Servings for Grades K-12 in the Afterschool Snack Program

The U.S. Department of Agriculture's (USDA) *Exhibit A: Grain Requirements for Child Nutrition Programs*, summarizes the required quantities for nine groups (A-I) of grain foods. The required quantities for the grains/breads component of the Afterschool Snack Program (ASP) meal pattern for grades K-12 are in servings. The chart on pages 2-3 lists the Exhibit A grains/breads servings that apply to the ASP meal pattern for grades K-12.

The amount of a creditable grain food that provides one serving of the grains/breads component varies because different types of foods contain different amounts of creditable grains. For example, to credit as one serving, a roll must weigh 25 grams and a blueberry muffin must weigh 50 grams. The minimum amount that credits toward the grains/breads component is $\frac{1}{4}$ serving.

Creditable Grain Foods

To credit as the grains component, commercial grain products and foods made from scratch must be made with creditable grains. Creditable grains include whole grains, enriched grains, bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran), and germ (such as wheat germ).

Creditable foods include commercial grain products and foods made from scratch that are whole-grain rich (WGR) or enriched. Bran and germ credit the same as enriched grains. Creditable cooked and ready-to-eat (RTE) breakfast cereals include products that are WGR, enriched, or fortified. For additional guidance, refer to the Connecticut State Department of Education's (CSDE) resources, *Crediting Whole Grains in the NSLP and SBP*, *Crediting Enriched Grains in the NSLP and SBP*, and *Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP*.

Whole Grain-rich (WGR) Foods

The ASP meal pattern for grades K-12 does not have a WGR requirement. The CSDE encourages school food authorities to serve WGR foods (including 100 percent whole grains) most often.

Grain-based Desserts

Grain-based desserts in groups B-G are indicated in red. Grain-based desserts are often high in fat, added sugars, and sodium. The recommended limit is no more than twice per week. For additional guidance, refer to the CSDE's resource, *Crediting Grain-based Desserts for Grades K-12 in the School Nutrition Programs*.

Using the Grains/Breads Servings Chart

The chart on pages 2-3 indicates the required quantity for commercial grain products. These quantities may also be used for standardized recipes that indicate the weight of the prepared (cooked) serving. If the recipe does not indicate the serving weight, determine the average weight per serving by weighing several servings of the recipe (refer to the CSDE's *Yield Study Data Form for Child Nutrition Programs*). For guidance on determining the grains/breads servings in a commercial grain product or a recipe, refer to the CSDE's resource, *Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP*.

Grains/Breads Servings for Grades K-12 in the ASP

Group A	Minimum Serving Size for Group A
Bread sticks, hard Bread-type coating Chow Mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry Note: weights apply to bread in stuffing	1 serving = 20 grams or 0.7 ounce ¾ serving = 15 grams or 0.5 ounce ½ serving = 10 grams or 0.4 ounce ¼ serving = 5 grams or 0.2 ounce
Group B	Minimum Serving Size for Group B
Bagels Batter-type coating Biscuits Breads, all types, e.g., whole wheat, French, Italian Buns, hamburger and hot dog Crackers, sweet, e.g., graham crackers and animal crackers, all shapes ¹ Egg roll skins English muffins Pita bread Pizza crust Pretzels, soft Rolls Taco shells Tortilla chips Tortillas	1 serving = 25 grams or 0.9 ounce ¾ serving = 19 grams or 0.7 ounce ½ serving = 13 grams or 0.5 ounce ¼ serving = 6 grams or 0.2 ounce
Group C	Minimum Serving Size for Group C
Cookies, plain, including vanilla wafers ¹ Cornbread Corn muffins Croissants Pancakes Piecrust (dessert pies ¹ , cobblers ¹ , fruit turnovers ¹ , and meat or meat alternate pies) Waffles	1 serving = 31 grams or 1.1 ounces ¾ serving = 23 grams or 0.8 ounce ½ serving = 16 grams or 0.6 ounce ¼ serving = 8 grams or 0.3 ounce
Group D	Minimum Serving Size for Group D
Doughnuts, cake and yeast raised, unfrosted ¹ Cereal bars, breakfast bars, granola bars, plain ¹ Muffins, all except corn Sweet rolls, unfrosted ¹ Toaster pastries, unfrosted ¹	1 serving = 50 grams or 1.8 ounces ¾ serving = 38 grams or 1.3 ounces ½ serving = 25 grams or 0.9 ounce ¼ serving = 13 grams or 0.5 ounce

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Group E	Minimum Serving Size for Group E
<p>Cereal bars, breakfast bars, granola bars, with nuts, dried fruit or chocolate pieces ¹</p> <p>Cookies, with fillings or coverings, nuts, raisins, chocolate pieces or fruit purees ¹</p> <p>Doughnuts, cake and yeast raised, frosted or glazed ¹</p> <p>French toast</p> <p>Sweet rolls, frosted ¹</p> <p>Toaster pastries, frosted ¹</p>	<p>1 serving = 63 grams or 2.2 ounces</p> <p>$\frac{3}{4}$ serving = 47 grams or 1.7 ounces</p> <p>$\frac{1}{2}$ serving = 31 grams or 1.1 ounces</p> <p>$\frac{1}{4}$ serving = 16 grams or 0.6 ounce</p>
Group F	Minimum Serving Size for Group F
<p>Cake, plain, unfrosted ¹</p> <p>Coffee cake ¹</p>	<p>1 serving = 75 grams or 2.7 ounces</p> <p>$\frac{3}{4}$ serving = 56 grams or 2.0 ounces</p> <p>$\frac{1}{2}$ serving = 38 grams or 1.3 ounces</p> <p>$\frac{1}{4}$ serving = 19 grams or 0.7 ounce</p>
Group G	Minimum Serving Size for Group G
<p>Brownies, plain ¹</p> <p>Cake, all varieties, frosted ¹</p>	<p>1 serving = 115 grams or 4 ounces</p> <p>$\frac{3}{4}$ serving = 86 grams or 3 ounces</p> <p>$\frac{1}{2}$ serving = 58 grams or 2 ounces</p> <p>$\frac{1}{4}$ serving = 29 grams or 1 ounce</p>
Group H	Minimum Serving Size for Group H
<p>Breakfast cereals, cooked ³</p> <p>Bulgur or cracked wheat</p> <p>Cereal grains, e.g., amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat</p> <p>Macaroni, all shapes</p> <p>Noodles, all varieties</p> <p>Pasta, all shapes</p> <p>Ravioli, noodle only</p> <p>Rice</p>	<p>1 serving = $\frac{1}{2}$ cup cooked (or 25 grams dry)</p> <p>$\frac{1}{2}$ serving = $\frac{1}{4}$ cup cooked (or 13 grams dry)</p>
Group I	Minimum Serving Size for Group I
<p>Ready-to-eat (RTE) breakfast cereals (cold dry) ^{2,3}</p>	<p>1 serving = $\frac{3}{4}$ cup or 1 ounce, whichever is less</p> <p>$\frac{1}{2}$ serving = $\frac{1}{3}$ cup or $\frac{1}{2}$ ounce, whichever is less</p> <p>$\frac{1}{3}$ serving = $\frac{1}{4}$ cup or $\frac{1}{3}$ ounce, whichever is less</p>

¹ Grain-based desserts are often high in fat, added sugars, and sodium. The recommended limit is no more than twice per week.

² Breakfast cereals may be served in meals other than breakfast.

³ RTE breakfast cereals must be whole grain-rich, enriched, or fortified. For more information, refer to the CSDE's resource, [Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP](#):

Grains/Breads Servings for Grades K-12 in the ASP

Resources

Afterschool Snack Program (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program>

Afterschool Snack Program Handbook (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASP_Handbook.pdf

Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Meal_Pattern_ASP_grades_K-12.pdf

Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Grains_Breads_Calculation_ASP_grades_K-12.pdf

Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Comparison_Grain_Crediting_SNP.pdf

Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Cereals_SNP_grades_K-12.pdf

Crediting Enriched Grains in the NSLP and SBP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Enriched_Grains_SNP.pdf

Crediting Grain-based Desserts for Grades K-12 in the School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Grain_Based_Desserts_grades_K-12_SNP.pdf

Crediting Whole Grains in the NSLP and SBP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Whole_Grains_SNP.pdf

Food Buying Guide Exhibit A Grains Tool (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Food Buying Guide Exhibit A Grains Tool (USDA):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Food Buying Guide Section 4: Overview of Crediting Requirements for the Grains Component (USDA):

https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section4_Grains.pdf

Food Buying Guide Section 4: Yield Table for Grains (USDA):

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section4_GrainsYieldTable.pdf

Grains/Breads Component for Grades K-12 in the ASP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#GrainsBreadsK12>

Grains/Breads Servings for Grades K-12 in the ASP

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

https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Grains-Breads_Servings_Fillable_508.pdf

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks– Completed Sample (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains-Breads_Servings.pdf

Product Formulation Statements (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Product_Formulation_Statements.pdf

Recipe Analysis Workbook (USDA’s Food Buying Guide for Child Nutrition Programs):

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

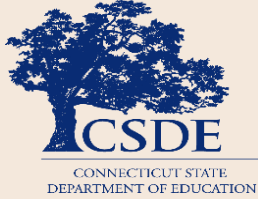
USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/When_Commercial_Grain_Products_Require_PFS_SNP.pdf

Grains/Breads Servings for Grades K-12 in the ASP



For more information, refer to the CSDE's *Afterschool Snack Program Handbook* and visit the CSDE's [Afterschool Snack Program](#) webpage, or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, School Health, Nutrition and Family Services, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Grains_Breads_Servings_ASP_grades_K-12.pdf.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
3. **email:** program.intake@usda.gov

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