

# Grain Servings for the Child and Adult Care Food Program

Through September 30, 2021

The U.S. Department of Agriculture’s (USDA) *Exhibit A: Grain Requirements for Child Nutrition Programs*, summarizes the grain servings and ounce equivalents for nine groups (A-I) of grain foods. The chart below lists the Exhibit A grain servings that apply through September 30, 2021, to the meal patterns for the Child and Adult Care Food Program (CACFP). Groups F and G do not have minimum amounts because grain-based desserts do not credit in the CACFP meal patterns.

These amounts apply to creditable commercial grain products and creditable grain recipes that indicate the weight of the prepared (cooked) serving. For additional guidance, review the Connecticut State Department of Education’s (CSDE) handouts, *How to Identify Creditable Grains in the CACFP*, *Whole Grain-rich Criteria for the CACFP*, *Crediting Whole Grains in the CACFP*, *Crediting Enriched Grains in the CACFP*, and *Calculation Methods for Grain Servings in the CACFP*. **Note:** At least one serving of grains per day must be whole grain-rich (WGR). The USDA’s *CACFP Best Practices* recommends at least two servings of WGR grains per day.

Group A	Minimum Serving Size for Group A <sup>1</sup>
Bread-type coating Breadsticks, hard Chow mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry ( <i>weights apply to bread in stuffing</i> )	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 <sup>1</sup>
Bagels Batter-type coating Biscuits Breads, e.g., white, wheat, whole wheat, French, Italian Buns, hamburger and hot dog Crackers, sweet, e.g., graham crackers and animal crackers <sup>1</sup> Egg roll skins English muffins Pita bread, e.g., white, wheat, whole wheat Pizza crust Pretzels, soft Rolls, e.g., white, wheat, whole wheat Tortillas, wheat or corn Tortilla chips, wheat or corn Taco shells	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

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Group C	Minimum Serving Size for Group C <sup>1</sup>
Cornbread Corn muffins Croissants Pancakes Piecrust (only in meat/meat alternate pies) Waffles	1 serving = 31 grams or 1.1 ounces $\frac{3}{4}$ serving = 23 grams or 0.8 ounce $\frac{1}{2}$ serving = 16 grams or 0.6 ounce $\frac{1}{4}$ serving = 8 grams or 0.3 ounce
Group D	Minimum Serving Size for Group D <sup>1</sup>
Muffins, all except corn	1 serving = 50 grams or 1.8 ounces $\frac{3}{4}$ serving = 38 grams or 1.3 ounces $\frac{1}{2}$ serving = 25 grams or 0.9 ounce $\frac{1}{4}$ serving = 13 grams or 0.5 ounce
Group E	Minimum Serving Size for Group E <sup>1</sup>
French toast	1 serving = 63 grams or 2.2 ounces $\frac{3}{4}$ serving = 47 grams or 1.7 ounces $\frac{1}{2}$ serving = 31 grams or 1.1 ounces $\frac{1}{4}$ serving = 16 grams or 0.6 ounce
Group F	Minimum Serving Size for Group F <sup>1</sup>
None (grain-based desserts do not credit) <sup>2</sup>	None
Group G	Minimum Serving Size for Group G <sup>1</sup>
None (grain-based desserts do not credit) <sup>2</sup>	None
Group H	Minimum Serving Size for Group H <sup>1</sup>
Barley Breakfast cereals, cooked <sup>3</sup> Bulgur or cracked wheat Cereal grains, e.g., amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat Macaroni, all shapes Noodles, all varieties Pasta, all shapes Ravioli, noodle only Rice, brown or enriched white	1 serving = $\frac{1}{2}$ cup cooked (or 25 grams dry) $\frac{1}{2}$ serving = $\frac{1}{4}$ cup cooked (or 13 grams dry)

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Group I	Minimum Serving Size for Group I <sup>1</sup>
Ready-to-eat (RTE) breakfast cereals (cold dry) <sup>3</sup>	1 serving = $\frac{3}{4}$ cup or 1 ounce, whichever is less $\frac{1}{2}$ serving (ages 3-4) = $\frac{1}{3}$ cup or $\frac{1}{2}$ ounce, whichever is less $\frac{1}{3}$ serving (ages 1-2) = $\frac{1}{4}$ cup or $\frac{1}{3}$ ounce, whichever is less
<p><sup>1</sup> As a best practice, the USDA encourages CACFP menus to limit sweet crackers (graham crackers and animal crackers) because of their higher sugar content. The CSDE recommends not serving sweet crackers more than twice per week, between all meals and snacks served.</p> <p><sup>2</sup> Grain-based desserts (excluding sweet crackers such as graham crackers and animal crackers) are not listed in this chart because they do not credit in the CACFP meal patterns. Examples of grain-based desserts include brownies, cookies, cakes, cupcakes, coffee cakes, cinnamon streusel quick breads, piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, raisin, and orange cranberry), rice pudding, and sweet bread pudding. For more information, visit the USDA's webpage, <a href="#">Grain-based Desserts in the CACFP</a>.</p> <p><sup>3</sup> RTE and cooked breakfast cereals must be whole-grain, enriched, or fortified; and cannot contain more than 6 grams of sugars per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, review the CSDE's resource, <a href="#">Crediting Breakfast Cereals in the CACFP</a>, and visit the USDA's webpage, <a href="#">Choose Breakfast Cereals that are Lower in Sugar</a>.</p>	

## Resources

Calculation Methods for Grain Servings in the CACFP (*through September 30, 2021*) (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainCalculationCACFP.pdf>

Crediting Breakfast Cereals in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditCerealsCACFP.pdf>

Crediting Enriched Grains in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditEnrichedGrainsCACFP.pdf>

Crediting Whole Grains in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditWholeGrainsCACFP.pdf>

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

Grain-based Desserts in the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

# Grain Servings for the CACFP

Grains Component for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Grains>

Grains Component for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Grains>

How to Identify Creditable Grains in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/IdentifyCreditableGrainsCACFP.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 (*through September 30, 2021*) (USDA): [https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS\\_Document\\_Grains\\_Breads\\_Servings.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Document_Grains_Breads_Servings.pdf)

USDA Final Rule (84 FR 50287): Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program:

<https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program>

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

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>

Using Child Nutrition (CN) Labels in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CNlabelCACFP.pdf>

Using Product Formulation Statements in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFScacfp.pdf>

Webinar: Exhibit A Grains Tool to the Rescue (USDA):

<https://www.fns.usda.gov/tn/exhibit-grains-tool-rescue>

Webinar: How to Maximize the Exhibit A Grains Tool (USDA):

<https://www.fns.usda.gov/tn/how-maximize-exhibit-grains-tool>

Whole Grain-rich Criteria for the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGRCriteriaCACFP.pdf>

# Grain Servings for the CACFP



For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainServingsCACFP.pdf>.

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