

Grain Serving Sizes

for the Child and Adult Care Food Program (CACFP)

This guidance applies through September 30, 2019, to meals and snacks served in child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers that participate in the U.S. Department of Agriculture’s (USDA) CACFP. Effective October 1, 2019, the USDA’s final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*, requires that servings for the grains component are in ounce equivalents. For more information, see the Connecticut State Department of Education’s (CSDE) handout, *Whole Grain-rich Ounce Equivalents for the CACFP*. For guidance on determining the serving size for commercial grain products and recipes for foods made on site in the CACFP facility, see the CSDE’s handout, *Calculation Methods for Grain Servings in the CACFP*.

October 1, 2017, through September 30, 2019	
Group A	Minimum Serving Size for Group A ¹
Bread-type coating Bread sticks, 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 $\frac{3}{4}$ serving = 15 grams or 0.5 ounce $\frac{1}{2}$ serving = 10 grams or 0.4 ounce $\frac{1}{4}$ serving = 5 grams or 0.2 ounce
Group B	Minimum Serving Size for Group B ¹
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 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 $\frac{3}{4}$ serving = 19 grams or 0.7 ounce $\frac{1}{2}$ serving = 13 grams or 0.5 ounce $\frac{1}{4}$ serving = 6 grams or 0.2 ounce
Group C	Minimum Serving Size for Group C ¹
Cornbread Corn muffins Croissants Pancakes Pie crust (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

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Group D	Minimum Serving Size for Group D ¹
Muffins, all except corn	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
Group E	Minimum Serving Size for Group E ¹
French toast	1 serving = 63 grams or 2.2 ounces ¾ serving = 47 grams or 1.7 ounces ½ serving = 31 grams or 1.1 ounces ¼ serving = 16 grams or 0.6 ounce
Group F	Minimum Serving Size for Group F ¹
None (grain-based desserts do not credit)	
Group G	Minimum Serving Size for Group G ¹
None (grain-based desserts do not credit)	
Group H	Minimum Serving Size for Group H ¹
Barley Breakfast cereals, cooked ² 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 = ½ cup cooked (or 25 grams or 0.9 ounce dry) ½ serving = ¼ cup cooked (or 13 grams or 0.5 ounce dry)
Group I	Minimum Serving Size for Group I ¹
Ready-to-eat breakfast cereals (cold dry) ²	1 serving = ¾ cup measure or 1 ounce weight, whichever is less

¹ All grains must be whole grain or enriched, or made with whole-grain or enriched flour or meal. For more information, see the CSDE's handouts, [Whole Grain-rich Criteria for the CACFP](#), [Crediting Whole Grains in the CACFP](#), [Crediting Enriched Grains in the CACFP](#), and [How to Identify Creditable Grains in the CACFP](#).

² Breakfast cereals (cold, instant, and hot) must be whole grain, enriched, or fortified. Breakfast cereals cannot contain more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, see the CSDE's handout, [Crediting Breakfast Cereals in the CACFP](#).

Grain Serving Sizes for the CACFP

Resources

Adding Whole Grains to Your CACFP Menu (USDA):

https://www.fns.usda.gov/sites/default/files/tn/FNS_USDA_CACFP_11_AddingWholeGrains_04-508c.pdf

CACFP Best Practices (USDA):

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_factBP.pdf

Calculation Methods for Grain Servings in CACFP (CSDE):

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

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

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

Crediting Foods in CACFP Child Care Programs (CSDE webpage):

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

Crediting Whole Grains in the CACFP (CSDE):

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

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Grain-Based Desserts in the CACFP (USDA):

<https://fns-prod.azureedge.net/sites/default/files/tn/CACFPGrainBasedDesserts.pdf>

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

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

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Meal Patterns for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

Product Formulation Statement for Grains (USDA):

<https://fns-prod.azureedge.net/sites/default/files/PFSgrains13-14.pdf>

Sample Completed Product Formulation Statement for Grains (USDA):

<https://fns-prod.azureedge.net/sites/default/files/PFSsamplegrains.pdf>

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-child-and-adult-care-food-program-questions-and-answers-0>

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>

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

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

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Using Product Formulation Statements in the CACFP (CSDE):

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

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

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



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 handout is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainsCACFP.pdf>.

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1400 Independence Avenue, SW
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- (3) email: program.intake@usda.gov.

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