

Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs

School Year 2022-23 (July 1, 2022, through June 30, 2023)

The U.S. Department of Agriculture (USDA) has different crediting requirements for the grains component in the meal patterns for preschoolers (ages 1-4) and grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO) of the NSLP, and Afterschool Snack Program (ASP) of the NSLP. The requirements for preschoolers are defined by the USDA regulations for the Child and Adult Care Food Program (CACFP) below. The SSO follows the NSLP and SBP meal patterns.

- Final Rule (81 FR 24347): *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (April 25, 2016): <https://www.federalregister.gov/documents/2016/04/25/2016-09412/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>
- Final Rule Correction (81 FR 75671): *CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (November 1, 2016): <https://www.federalregister.gov/documents/2016/11/01/2016-26339/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>
- Final Rule (84 FR 50287): *Child Nutrition Programs: Transitional Standards for Milk, Whole Grains, and Sodium* (February 7, 2022): <https://www.federalregister.gov/documents/2022/02/07/2022-02327/child-nutrition-programs-transitional-standards-for-milk-whole-grains-and-sodium>



This document summarizes the meal pattern requirements and applicable resources for the grains component of each school nutrition program. School food authorities (SFAs) must ensure that all foods served as the grain component meet the specific meal pattern requirements for each school nutrition program. For additional guidance on the grains component, visit the “[Grains Component for Grades K-12](#),” “[Grains Component for Preschoolers](#),” and “[Crediting Foods for Grades K-12 in the ASP](#)” sections of the Connecticut State Department of Education’s (CSDE) webpages for school nutrition programs. For a comparison of the meal pattern requirements for preschoolers and grades K-12, refer to the CSDE’s resource, *Comparison of Meal Pattern Requirements for Preschool and Grades K-12 in the School Nutrition Programs*. For more information on the meal patterns and crediting foods, refer to the CSDE’s guides, *Menu Planning Guide for School Meals for Grades K-12*, *Menu Planning Guide for Preschoolers in the NSLP and SBP*, and *Afterschool Snack Program Handbook*. For summary charts of the crediting requirements, refer to the CSDE’s resources, *Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs* and *Crediting Summary Charts for the Preschool Meal Patterns of the School Nutrition Programs*.

This information is subject to change as the USDA continues to issue policy guidance on the school meal patterns. The CSDE will notify SFAs when new guidance is available.

Comparison of Requirements for the Grains Component in the School Nutrition Programs

Serving the Same Grain Foods to Preschoolers and Grades K-12

SFAs must consider the different meal pattern requirements for preschoolers and grades K-12 when making menu planning and purchasing decisions for grain foods. When SFAs serve the same grain foods to preschoolers and grades K-12, these foods must comply with whichever meal pattern requirements are stricter. The examples below illustrate this requirement.

- The NSLP and SBP meal patterns for grades K-12 have a stricter requirement for the frequency and criteria for whole-grain rich (WGR) foods than the preschool meal patterns. Grain foods served to both groups must comply with the WGR criteria for grades K-12.
- Grain-based desserts credit in the NSLP and SBP meal patterns for grades K-12, but not the preschool meal patterns. For more information, refer to “[R8: Grain-based Desserts](#)” in this document.
- The preschool meal patterns require a sugar limit for breakfast cereals, but the meal patterns for grades K-12 do not. Breakfast cereals served to both groups must comply with the preschool sugar limits. For more information, refer to “[R12: Sugar Limit for Breakfast Cereals](#)” in this document.

The only exceptions to these requirements are when SFAs choose to follow the K-5 meal pattern for preschoolers and grades K-5 who eat together in the same service area at the same time; or the ASP K-12 meal pattern for preschoolers and grades K-12 who eat together in the same service area at the same time.

Preschoolers and grades K-5 eating together in the NSLP, SBP, and SSO

SFAs that serve meals to preschoolers and grades K-5 in the same service area at the same time may choose to 1) follow the grade-appropriate meal patterns for each grade group (i.e., use the preschool meal patterns for ages 1-4 and the K-5 meal pattern for grades K-5); or 2) serve the K-5 meal pattern to both grade groups. SFAs must follow the preschool meal pattern when meals are served to preschoolers in a different area or at a different time than K-5 students. The USDA allows the option to serve the K-5 meal pattern to preschoolers **only** when preschoolers are co-mingled with K-5 students during the meal service. For more information, refer to [USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers](#).



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Preschoolers and grades K-12 eating together in the ASP

SFAs that serve ASP snacks to preschoolers and grades K-12 in the same service area at the same time may choose to 1) follow the grade-appropriate ASP meal patterns for each grade group (i.e., use the preschool ASP meal pattern for ages 1-4 and the K-12 ASP meal pattern for grades K-12); or 2) serve the K-12 ASP meal pattern to both grade groups. SFAs must follow the preschool ASP meal pattern when ASP snacks are served to preschoolers in a different area or at a different time than K-12 students. The USDA allows the option to serve the K-12 ASP meal pattern to preschoolers **only** when preschoolers are co-mingled with K-12 students during the ASP snack service.

Keep in mind that the preschool meal pattern provides the amounts and types of foods that most younger children need for healthy growth and development. The USDA strongly encourages SFAs to find ways to serve grade-appropriate meals to preschoolers and older students to best address their nutritional needs.

For more information, refer to [USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers](#).

Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Examples of grain foods that may cause choking include hard pretzels; pretzel chips; corn chips; breakfast cereals that contain nuts, whole-grain kernels (such as wheat berries), and hard chunks (such as granola); and crackers or breads with seeds, nut pieces, or whole-grain kernels. Consider children's age and developmental readiness when deciding what types of grain foods to offer in preschool menus and modify foods and menus as appropriate. For additional guidance, visit the "[Choking Prevention](#)" section of the CSDE's [Food Safety for Child Nutrition Programs](#) webpage.

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
R1: Component name	<p>Name: Grains</p> <p>Resources: Grains Component for Grades K-12 (CSDE webpage) Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage) National School Lunch Program Regulations (7 CFR 210.10) School Breakfast Program Regulations (7 CFR 220.8)</p>	<p>Name: Grains/breads.</p> <p>The ASP meal pattern for grades K-12 refers to the grains/breads component instead of the grains component because the USDA's final rule (77 FR 4087), <i>Nutrition Standards for the National School Lunch and School Breakfast Programs</i>, does not apply to the ASP meal pattern for grades K-12.</p> <p>Resources: Grains/Breads Component for Grades K-12 in the ASP (CSDE webpage)</p>	<p>Name: Grains</p> <p>Resources: Grains Component for Preschoolers (CSDE webpage) Final Rule (81 FR 24347): Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 Final Rule Correction (81 FR 75671): CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010</p>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO			
Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
R2: Creditable Grains	<p>Creditable grains: Whole grains, enriched grains, bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) and germ (such as wheat germ).</p> <p>Corn: Corn ingredients credit if they are whole grain, enriched, or treated with lime (nixtamalized). Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process results in a product with a similar nutrition content to whole-grain corn.</p> <p>Hominy, corn masa, and masa harina: Ingredients labeled as hominy, corn masa, or masa harina are nixtamalized, and therefore credit as whole grains. However, cornmeal and corn flour do not credit unless they are whole grain, enriched, or nixtamalized. If the product’s ingredients statement does not provide sufficient information, SFAs must obtain a product formulation statement (PFS) from the manufacturer to document that cornmeal and corn flour ingredients meet one of these requirements. Corn flour ingredients that are not whole grain, enriched, or nixtamalized count toward the limit for noncreditable grains under the WGR criteria (refer to “R6: WGR Criteria”).</p>	<p>Creditable grains: Whole grains, enriched grains, bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) and germ (such as wheat germ).</p> <p>Corn: Corn ingredients credit if they are whole grain, enriched, or treated with lime (nixtamalized). Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process results in a product with a similar nutrition content to whole-grain corn.</p> <p>Hominy, corn masa, and masa harina: Ingredients labeled as hominy, corn masa, or masa harina are nixtamalized, and therefore credit as whole grains. However, cornmeal and corn flour do not credit unless they are whole grain, enriched, or nixtamalized. If the product’s ingredients statement does not provide sufficient information, SFAs must obtain a PFS from the manufacturer to document that cornmeal and corn flour ingredients meet one of these requirements.</p>	<p>Creditable grains: Whole grains, enriched grains, bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) and germ (such as wheat germ).</p> <p>Corn: Corn ingredients credit if they are whole grain, enriched, or treated with lime (nixtamalized). Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process results in a product with a similar nutrition content to whole-grain corn.</p> <p>Hominy, corn masa, and masa harina: Ingredients labeled as hominy, corn masa, or masa harina are nixtamalized, and therefore credit as whole grains. However, cornmeal and corn flour do not credit unless they are whole grain, enriched, or nixtamalized. If the product’s ingredients statement does not provide sufficient information, SFAs must obtain a PFS from the manufacturer to document that cornmeal and corn flour ingredients meet one of these requirements.</p>

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USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
<p>R2: Creditable Grains, <i>continued</i></p>	<p>Resources: Crediting Enriched Grains in the NSLP and SBP (CSDE) Crediting Whole Grains in the NSLP and SBP (CSDE) Grains Component for Grades K-12 (CSDE webpage) Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12 (CSDE) Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA) Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA) 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 USDA Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022 When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</p>	<p>Resources: Afterschool Snack Program Handbook (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE) Crediting Whole Grains in the NSLP and SBP (CSDE) Grains/Breads Component for Grades K-12 in the ASP (CSDE webpage) 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) 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) 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</p>	<p>Resources: Child Care Worksheet 1: Crediting Commercial Grains in the CACFP (CSDE) Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE) Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE) Crediting Whole Grains in the NSLP and SBP (CSDE) Grains Component for Preschoolers (CSDE webpage) How to Identify Creditable Grains for Preschoolers in the NSLP and SBP (CSDE) Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA) Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers 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 When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</p>

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USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
R3: Serving Size	<p>Required amounts: The NSLP and SBP meal patterns list the grains component in ounce equivalents. One ounce equivalent is the amount of food that meets the USDA’s requirement for 1 ounce of the grains component in the NSLP and the SBP meal patterns.</p> <p>Methods to determine grain ounce equivalents: The USDA allows two methods for determining the grain ounce equivalents of creditable products and recipes. Method 1 is used for commercial grain products and may also be used for standardized recipes that indicate the weight of the prepared (cooked) serving. Method 2 is used for standardized recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving. SFAs may use either method but must document how the crediting information was obtained.</p> <ul style="list-style-type: none"> • Method 1 uses the amount for the appropriate grain group in the USDA’s chart, <i>Exhibit A: Grain Requirements for Child Nutrition Programs</i>. Exhibit A provides minimum weights (groups A-G) and volumes (groups H-I) for nine groups of grain foods, based on the average grain content of similar 	<p>Required amounts: The ASP meal pattern for grades K-12 lists the grains/breads component in servings. One grains/breads serving is slightly less than 1 ounce equivalent.</p> <p>Methods to determine grain ounce equivalents: The USDA allows two methods for determining the grain servings of creditable products and recipes. Method 1 is used for commercial grain products and may also be used for standardized recipes that indicate the weight of the prepared (cooked) serving. Method 2 is used for standardized recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving. SFAs may use either method but must document how the crediting information was obtained.</p> <ul style="list-style-type: none"> • Method 1 uses the amount for the appropriate grain group in the USDA’s chart, <i>Exhibit A: Grain Requirements for Child Nutrition Programs</i>. Exhibit A provides minimum weights (groups A-G) and volumes (groups H-I) for nine groups of grain foods, based on the average grain content of similar products. The CSDE’s resource, <i>Servings for Grains/Breads for Grades K-12 in the ASP</i>, lists the Exhibit A servings that apply to the ASP meal pattern for grades K-12. 	<p>Required amounts: The preschool meal pattern lists the grains component in ounce equivalents. The required preschool amount is ½ ounce equivalent.</p> <p>Methods to determine grain ounce equivalents: The USDA allows two methods for determining the grain ounce equivalents of creditable products and recipes. Method 1 is used for commercial grain products and may also be used for standardized recipes that indicate the weight of the prepared (cooked) serving. Method 2 is used for standardized recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving. SFAs may use either method but must document how the crediting information was obtained.</p> <ul style="list-style-type: none"> • Method 1 uses the amount for the appropriate grain group in the USDA’s chart, <i>Exhibit A: Grain Requirements for Child Nutrition Programs</i>. Exhibit A provides minimum weights (groups A-G) and volumes (groups H-I) for nine groups of grain foods, based on the average grain content of similar products. The CSDE’s resource, <i>Grain Ounce Equivalents for Preschoolers in the NSLP and SBP</i>, lists the Exhibit A ounce equivalents that apply to the NSLP and SBP preschool meal

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Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
<p>R3: Serving Size, <i>continued</i></p>	<p>products. The CSDE’s resource, Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP, lists the Exhibit A ounce equivalents that apply to the NSLP and SBP meal patterns for grades K-12.</p> <ul style="list-style-type: none"> Method 2 calculates the total weight (grams) of creditable grains (whole and enriched) per manufacturer’s serving or recipe serving. To credit as 1 ounce equivalent, a food in groups A-G must contain 16 grams of creditable grains and at least 8 grams must be whole grain. A food in group H must contain 28 grams of creditable grains and at least 14 grams must be whole grain. Required documentation for method 2 is a PFS for commercial products (stating the weight of creditable grains and noncreditable grains per serving) or a standardized recipe for foods made from scratch (listing the weight of creditable grains). 	<ul style="list-style-type: none"> Method 2 calculates the total weight (grams) of creditable grains (whole and enriched) per manufacturer’s serving or recipe serving. To credit as one serving, a food in groups A-G must contain 14.75 grams of creditable grains, and a food in group H must contain 25 grams of creditable grains. Required documentation for method 2 is a PFS for commercial products (stating the weight of creditable grains per serving) and a standardized recipe for foods prepared from scratch (listing the weight of creditable grains). <p>When method 2 is required: There are specific situations when SFAs must use method 2 (instead of the USDA’s Exhibit A chart) to determine the grain servings for commercial products. For detailed guidance on both methods and when method 2 is required, refer to the CSDE’s resources, When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs and Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP.</p>	<p>patterns. Groups F and G (grain-based desserts) are not included because grain-based desserts do not credit as the grains component in the preschool meal patterns.</p> <p>For detailed guidance, refer to the CSDE’s resources, Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP and How to Use the Grain Ounce Equivalents Chart for the NSLP and SBP, and module 13 of the CSDE’s training program, What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12.</p> <ul style="list-style-type: none"> Method 2 calculates the total weight (grams) of creditable grains (whole and enriched) per manufacturer’s serving or recipe serving. To credit as ½ ounce equivalent (the required preschool serving), a food in groups A-E must contain 8 grams of creditable grains, and a food in group H must contain 14 grams of creditable grains. To credit as ½ ounce equivalent of a WGR food, a food in groups A-E must contain 8 grams of creditable grains (including at least 4 grams of whole grains), and a food in group H must contain 14 grams of creditable grains (including at least 7 grams of whole grains). Required documentation for method 2 is a PFS for commercial

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Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
R3: Serving Size, <i>continued</i>	<p>When method 2 is required: There are specific situations when SFAs must use method 2 (instead of the USDA’s Exhibit A chart) to determine the grain ounce equivalents for commercial products. For detailed guidance on both methods and when method 2 is required, refer to the CSDE’s resources, <i>When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs</i> and <i>Calculation Methods for Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP</i>.</p> <p>Resources: Calculation Methods for Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP (CSDE) Exhibit A: Grain Requirements for Child Nutrition Programs (USDA) Food Buying Guide Exhibit A Grains Tool (USDA) Grain Ounce Equivalents for Grades K-12 in School Nutrition Programs (CSDE) How to Use the Grain Ounce Equivalents Chart for the NSLP and SBP (CSDE) Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage) Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA)</p>	<p>Option for ounce equivalents: SFAs may choose to use the ounce equivalents in <i>Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP</i>, instead of serving sizes. This provides consistency with NSLP and SBP meals and more nutrient-dense choices for children.</p> <p>Resources: Afterschool Snack Program Handbook (CSDE) ASP Meal Pattern for Grades K-12 (CSDE) Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP (CSDE) Exhibit A: Grain Requirements for Child Nutrition Programs (USDA) Food Buying Guide Exhibit A Grains Tool (USDA) How to Use the Grains/Breads Servings Chart for Grades K-12 in the ASP (CSDE) 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) 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)</p>	<p>products (stating the weight of creditable grains per serving) or a standardized recipe for foods prepared from scratch (listing the weight of creditable grains).</p> <p>When method 2 is required: There are specific situations when SFAs must use method 2 (instead of the USDA’s Exhibit A chart) to determine the grain ounce equivalents for commercial products. For detailed guidance on both methods and when method 2 is required, refer to the CSDE’s resources, <i>When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs</i> and <i>Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP</i>.</p> <p>Resources: Calculation Methods for Grain Servings for Preschoolers in the NSLP and SBP (CSDE) Child Care Worksheet 1: Crediting Commercial Grains in the CACFP (CSDE) Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE) Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP (CSDE)</p>

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Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
<p>R3: Serving Size, <i>continued</i></p>	<p>Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA) Recipe Analysis Workbook (USDA’s Food Buying Guide for Child Nutrition Programs) USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA) Webinar: Exhibit A Grains Tool to the Rescue (USDA) Webinar: How to Maximize the Exhibit A Grains Tool (USDA)</p>	<p>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) Recipe Analysis Workbook (USDA’s Food Buying Guide for Child Nutrition Programs) Servings for Grains/Breads for Grades K-12 in the ASP (CSDE) Webinar: Exhibit A Grains Tool to the Rescue (USDA) Webinar: How to Maximize the Exhibit A Grains Tool (USDA)</p>	<p>Exhibit A: Grain Requirements for Child Nutrition Programs (USDA) Food Buying Guide Exhibit A Grains Tool (USDA) How to Use the Grain Ounce Equivalents Chart for the NSLP and SBP (CSDE) Grain Ounce Equivalents for Preschoolers in the NSLP and SBP (CSDE) Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA) Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA) Recipe Analysis Workbook (USDA’s Food Buying Guide for Child Nutrition Programs) Webinar: Exhibit A Grains Tool to the Rescue (USDA) Webinar: How to Maximize the Exhibit A Grains Tool (USDA)</p>

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Requirement	Grades K-12		Preschoolers (Ages 1-4)																														
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP																														
<p>R4: Weekly Ranges for Grains</p>	<p>Weekly requirement: The lunch and breakfast meal patterns require weekly ranges for the grains component. Menus are not required to comply with the maximums but must meet the minimums and stay within the weekly calorie range for each age group. The weekly maximum provides a guide for planning age-appropriate meals that meet the dietary specifications for calories, saturated fat, and sodium. For information on the dietary specifications, visit the “Dietary Specifications (Nutrition Standards for School Meals)” section of the CSDE’s Meal Patterns for Grades K-12 in School Nutrition Programs webpage and section 6 of the CSDE’s guide, <i>Menu Planning Guide for School Meals for Grades K-12</i>.</p> <table border="1" style="margin: 10px auto; border-collapse: collapse; text-align: center;"> <thead> <tr> <th colspan="3">Required weekly grain ounce equivalents at breakfast</th> </tr> <tr> <th>Grade group</th> <th>Five-day week</th> <th>Seven-day week</th> </tr> </thead> <tbody> <tr> <td>K-5</td> <td>7-10</td> <td>10-14</td> </tr> <tr> <td>6-8</td> <td>8-10</td> <td>11-14</td> </tr> <tr> <td>9-12</td> <td>9-10</td> <td>12½-14</td> </tr> </tbody> </table> <table border="1" style="margin: 10px auto; border-collapse: collapse; text-align: center;"> <thead> <tr> <th colspan="3">Required weekly grain ounce equivalents at lunch</th> </tr> <tr> <th>Grade group</th> <th>Five-day week</th> <th>Seven-day week</th> </tr> </thead> <tbody> <tr> <td>K-5</td> <td>8-9</td> <td>11-12½</td> </tr> <tr> <td>6-8</td> <td>8-10</td> <td>11-14</td> </tr> <tr> <td>9-12</td> <td>10-12</td> <td>14-17</td> </tr> </tbody> </table> <p>Resources: Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage) Menu Planning Guide for School Meals for Grades K-12 (Grades K-12) (CSDE)</p>	Required weekly grain ounce equivalents at breakfast			Grade group	Five-day week	Seven-day week	K-5	7-10	10-14	6-8	8-10	11-14	9-12	9-10	12½-14	Required weekly grain ounce equivalents at lunch			Grade group	Five-day week	Seven-day week	K-5	8-9	11-12½	6-8	8-10	11-14	9-12	10-12	14-17	<p>Weekly requirement: None</p>	<p>Weekly requirement: None</p>
Required weekly grain ounce equivalents at breakfast																																	
Grade group	Five-day week	Seven-day week																															
K-5	7-10	10-14																															
6-8	8-10	11-14																															
9-12	9-10	12½-14																															
Required weekly grain ounce equivalents at lunch																																	
Grade group	Five-day week	Seven-day week																															
K-5	8-9	11-12½																															
6-8	8-10	11-14																															
9-12	10-12	14-17																															

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USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO			
Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
R5: WGR Requirement	<p>Frequency: At least 80 percent of the weekly grains offered at lunch must be WGR. At least 80 percent of the weekly grains offered at breakfast must be WGR. Grains that are not WGR must be enriched and cannot exceed 20 percent of all grains offered during the week.</p> <p>Documentation: SFAs must maintain documentation on file to indicate that at least 80 percent of the weekly grains offered in school meals are WGR. SFAs must obtain PFS forms for commercial foods, as applicable, and standardized recipes for foods made from scratch.</p> <p>Best practice: Serve only WGR grains and serve 100 percent whole grains most often.</p> <p>Resources: Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the NSLP and SBP (CSDE) Crediting Commercial Processed Products for Grades K-12 in School Nutrition Programs (CSDE webpage) Crediting Enriched Grains in the NSLP and SBP (CSDE) Crediting Foods Made from Scratch for Grades K-12 in School Nutrition Programs (CSDE webpage) Crediting Whole Grains in the NSLP and SBP (CSDE) Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12 (CSDE) USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program Whole Grain-rich Requirement for Grades K-12 (CSDE webpage) Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in School Lunch and Breakfast Menus for Grades K-12 (CSDE)</p>	<p>Frequency: None</p> <p>Documentation: None</p> <p>Best practice: Serve only WGR grains and serve 100 percent whole grains most often.</p>	<p>Frequency: At least one serving per day must be WGR, between all meals and ASP snacks served to preschoolers. The USDA’s <i>CACFP Best Practices</i> recommends at least two servings of WGR grains per day.</p> <p>Documentation: SFAs must maintain documentation to indicate that at least one serving per day is WGR. SFAs must obtain PFS forms for commercial foods, as applicable, and standardized recipes for foods made from scratch.</p> <p>Best practice: Serve only WGR grains and serve 100 percent whole grains most often.</p> <p>Resources: Adding Whole Grains to Your CACFP Menu (USDA) CACFP Best Practices (USDA) Crediting Commercial Processed Products in Preschool Menus (CSDE webpage) Crediting Enriched Grains in the NSLP and SBP (CSDE) Crediting Foods Made from Scratch in Preschool Menus (CSDE webpage) Crediting Whole Grains in the NSLP and SBP (CSDE) Meeting the Whole Grain-rich Requirement for the CACFP (CSDE) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers Whole Grain-rich Requirement for Preschoolers (CSDE webpage)</p>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO			
Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
R6: WGR Criteria	<p>Commercial grain products in groups A-G (e.g., breads, muffins, pancakes, and crackers) and group H (e.g., rice, pasta, quinoa, and cooked breakfast cereals): 1) must contain 100 percent whole grain or a blend of whole (at least 50 percent) and enriched grains; and 2) noncreditable grains cannot exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for group H.</p> <p>RTE breakfast cereals (group I): refer to “R10: WGR Criteria for Breakfast Cereals.”</p> <p>Foods made from scratch: The weight of whole grains in the SFA’s standardized recipe must be equal to or more than the weight of the enriched grains. Noncreditable grains cannot exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for groups H-I.</p> <p>Serving the same WGR foods to preschoolers and grades K-12: Grain foods that meet the WGR criteria for grades K-12 will meet the preschool WGR criteria. However, grain foods that meet the preschool WGR criteria may or may not meet the WGR criteria for grades K-12. If SFAs serve the same grain foods to preschoolers and grades K-5, these foods must meet the WGR criteria for grades K-12; and must also meet the preschool sugar limit (refer to “R9: Crediting Criteria for Breakfast Cereals”).</p>	None	<p>Commercial grain products in groups A-G (e.g., breads, muffins, pancakes, and crackers) and group H (e.g., rice, pasta, quinoa, and cooked breakfast cereals): The first ingredient must be a whole grain (or water is the first ingredient and a whole grain is the next ingredient), and the next two grain ingredients (if any) are whole, enriched, bran, or germ. The preschool WGR criteria do not require a specific limit for noncreditable grains.</p> <p>RTE breakfast cereals (group I): refer to “R10: WGR Criteria for Breakfast Cereals.”</p> <p>Foods made from scratch: The weight of whole grains in the SFA’s standardized recipe must be equal to or more than the weight of the other creditable grains.</p> <p>Serving the same WGR foods to preschoolers and grades K-12: Grain foods that meet the WGR criteria for grades K-12 will meet the preschool WGR criteria. However, grain foods that meet the preschool WGR criteria may or may not meet the WGR criteria for grades K-12. If SFAs serve the same grain foods to preschoolers and grades K-5, these foods must meet the WGR criteria for grades K-12; and must also meet the preschool sugar limit (refer to “R9: Crediting Criteria for Breakfast Cereals”).</p>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO			
Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
R6: WGR Criteria, <i>continued</i>	<p>Resources:</p> <p>Crediting Enriched Grains in the NSLP and SBP (CSDE)</p> <p>Crediting Whole Grains in the NSLP and SBP (CSDE)</p> <p>Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12 (CSDE)</p> <p>Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA)</p> <p>Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA)</p> <p>Tools for Schools: Serving WGR (USDA website)</p> <p>USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program</p> <p>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</p> <p>When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</p> <p>Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA)</p>	<p>None</p>	<p>Resources:</p> <p>Child Care Worksheet 1: Crediting Commercial Grains in the CACFP (CSDE)</p> <p>Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE)</p> <p>Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE)</p> <p>Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE)</p> <p>Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP (CSDE)</p> <p>Crediting Enriched Grains in the NSLP and SBP (CSDE)</p> <p>Crediting Whole Grains in the NSLP and SBP (CSDE)</p> <p>Identifying Whole Grain-rich Foods for the CACFP (USDA)</p> <p>How to Spot Whole Grain-Rich Foods for the CACFP (USDA)</p> <p>Meeting the Whole Grain-rich Requirement for the CACFP (CSDE)</p> <p>Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA)</p> <p>Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA)</p> <p>USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p> <p>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</p> <p>When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</p> <p>Whole Grain-rich Requirement for Preschoolers (CSDE webpage)</p>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
<p>R7: Enriched Grain Products, e.g., enriched white bread, enriched crackers, enriched white rice, enriched cream of wheat cereal, and enriched corn grits</p>	<p>Crediting: Enriched grain products may credit up to 20 percent of all grains offered at lunch and breakfast (refer to “R5: WGR Requirement”). The limit for noncreditable grains applies to enriched grains. Noncreditable grains cannot exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for groups H-I.</p> <p>Resources: Crediting Enriched Grains in the NSLP and SBP (CSDE) Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA) Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA) USDA Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022 When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</p>	<p>Crediting: Enriched grain products credit as the grains/breads component.</p> <p>Resources: 7 CFR 210.10 (o)(2)(iv): Meal requirements for lunches and requirements for afterschool snacks ASP Meal Pattern for Grades K-12 (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE) 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) 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) When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</p>	<p>Crediting: Enriched grain products credit as the grains component if the SFA offers at least one WGR food per day, between all meals and ASP snacks served to preschoolers (refer to “R5: WGR Requirement”).</p> <p>Resources: ASP Meal Pattern for Preschoolers (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE) Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA) Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</p>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
R8: Grain-based Desserts	<p>Restrictions at breakfast: None, however, the inclusion of grain-based desserts cannot cause the menu to exceed the weekly dietary specifications (nutrition standards), i.e., limits for calories, saturated fat, and sodium. The CSDE recommends limiting grain-based desserts to no more than twice per week and serving nutrient-dense whole grains instead. Grain-based desserts often contain more solid fats and added sugars than traditional grains.</p> <p>Restrictions at lunch: SFAs may offer up to 2 ounce equivalents of grain-based desserts per week as part of the grains component at lunch. Grain-based desserts served as an extra menu item at lunch must 1) count toward the minimum daily and weekly servings of the grains component, including the weekly limit of no more than 2 ounce equivalents of grain-based desserts; and 2) fit within the weekly dietary specifications (nutrition standards) for grades K-12.</p> <p>Examples of grain-based desserts: Sweet crackers (graham crackers and animal crackers), brownies, cookies, cakes, coffee cakes, cinnamon streusel quick breads, piecrusts in sweet pies (e.g., apple and blueberry), cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry and raisin), rice pudding, and sweet bread pudding. The</p>	<p>Restrictions at snack: None. The CSDE recommends limiting grain-based desserts to no more than twice per week and serving nutrient-dense whole grains instead. Grain-based desserts often contain more solid fats and added sugars than traditional grains.</p> <p>Examples of grain-based desserts: Sweet crackers (graham crackers and animal crackers), brownies, cookies, cakes, coffee cakes, cinnamon streusel quick breads, piecrusts in sweet pies (e.g., apple and blueberry), cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry and raisin), rice pudding, and sweet bread pudding. The CSDE’s resource, <i>Servings for Grains/ Breads for Grades K-12 in the ASP</i>, indicates grain-based desserts with the footnote 1.</p> <p>Grain-based desserts do not include muffins, quick breads, e.g., banana bread and zucchini bread (except for cinnamon streusel), cornbread,</p>	<p>Restrictions at breakfast, lunch, and snack: Grain-based desserts cannot credit in preschool meals and ASP snacks.</p> <p>Examples of grain-based desserts: Breakfast bars, brownies, cakes (including cupcakes and coffee cakes), cereal bars, cinnamon rolls, cinnamon streusel quick breads, cookies (all kinds, including vanilla wafers), doughnuts, gingerbread, granola bars, ice cream cones, marshmallow cereal treats, pastries (e.g., cinnamon buns, Danish, eclairs, sweet buns, sweet rolls, and toaster pastries) piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), sweet biscotti (such as those made with fruits, chocolate, or icing) sweet bread pudding, sweet croissants (e.g., chocolate filled), sweet scones (e.g., blueberry, raisin, and orange cranberry), and rice pudding. The CSDE’s resource, <i>Grain Ounce Equivalents for Preschoolers in the NSLP and SBP</i>, does not include grain-based desserts.</p> <p>Grain-based desserts do not include muffins, quick breads, e.g., banana bread and zucchini bread (except for cinnamon streusel), cornbread, pancakes, waffles, French toast, savory scones (such as cheese and herb), and piecrusts in entrees such as quiche, meat pies, and chicken potpie, and sweet crackers, e.g., graham crackers and animal crackers. The USDA encourages preschool menus to limit</p>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
<p>R8: Grain-based Desserts, <i>continued</i></p>	<p>CSDE’s resource, <i>Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP</i>, indicates grain-based desserts with the footnote 1 (allowed for lunch and breakfast) or 2 (allowed only for breakfast).</p> <p>Grain-based desserts do not include muffins, quick breads, e.g., banana bread and zucchini bread (except for cinnamon streusel), cornbread, pancakes, waffles, French toast, savory scones (such as cheese and herb), and piecrusts in entrees such as quiche, meat pies, and chicken potpie.</p> <p>Resources: Crediting Grain-based Desserts in the School Nutrition Programs (CSDE) Grain Ounce Equivalents for Grades K-12 in School Nutrition Programs (CSDE) Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage) USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program USDA Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022</p>	<p>pancakes, waffles, French toast, savory scones (such as cheese and herb), and piecrusts in entrees such as quiche, meat pies, and chicken potpie</p> <p>Resources: ASP Meal Pattern for Grades K-12 (CSDE) Servings for Grains/Breads for Grades K-12 in the ASP (CSDE)</p>	<p>sweet crackers because of their higher sugar content. The CSDE recommends not serving sweet crackers more than twice per week, between all meals and ASP snacks served to preschoolers.</p> <p>Resources: Grain-based Desserts in the CACFP (USDA) Grain Ounce Equivalents for Preschoolers in the NSLP and SBP (CSDE) Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers USDA Memo CACFP 16-2017: Grain-based Desserts in the Child and Adult Care Food Program</p>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

BREAKFAST CEREALS (RTE and cooked, including regular and instant, e.g., oatmeal)

Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
R9: Crediting Criteria for Breakfast Cereals	<p>Allowable types: Ready-to-eat (RTE) cereals (group I) and cooked cereals (group H) such as oatmeal (including regular and instant) and cream of wheat.</p> <p>Crediting criteria: 1) Must be WGR (refer to “R10: WGR Criteria for Breakfast Cereals”), enriched, or fortified; 2) noncreditable grains cannot exceed 6.99 grams per portion; and 3) the serving must provide the required volume or weight (refer to “R11: Serving Size for Breakfast Cereals”).</p> <p>Resources: Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP and SBP (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE) Crediting Whole Grains in the NSLP and SBP (CSDE) USDA Final Rule (83 FR 63775): Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements USDA Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022</p>	<p>Allowable types: RTE cereals (group I) and cooked cereals (group H) such as oatmeal (including regular and instant) and cream of wheat.</p> <p>Crediting criteria: 1) Must contain a creditable grain the first ingredient or be fortified; and 2) the serving must provide the required volume or weight (refer to “R11: Serving Size for Breakfast Cereals”).</p> <p>Resources: Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP and SBP (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE) Crediting Whole Grains in the NSLP and SBP (CSDE)</p>	<p>Allowable types: RTE cereals (group I) and cooked cereals (group H) such as oatmeal (including regular and instant) and cream of wheat.</p> <p>Crediting criteria: 1) Must contain a creditable grain as the first ingredient or be fortified; 2) cannot exceed sugar limit (refer to “R12: Sugar Limit for Breakfast Cereals”); and 3) the serving must provide the required volume or weight (refer to “R11: Serving Size for Breakfast Cereals”).</p> <p>Resources: Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE) Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE) Crediting Whole Grains in the NSLP and SBP (CSDE) How to Identify Creditable Grains for Preschoolers in the NSLP and SBP (CSDE) USDA Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022</p>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

BREAKFAST CEREALS (RTE and cooked, including regular and instant, e.g., oatmeal), *continued*

Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
<p>R10: WGR Criteria for Breakfast Cereals</p>	<p>RTE breakfast cereals (group I): 1) The first ingredient must be a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; and 2) noncreditable grains cannot exceed 6.99 grams per portion. Fortification is not required for 100 whole grain cereals.</p> <p>Cooked breakfast cereals (group H): 1) Must be 100 percent whole grain or contain a blend of whole (at least 50 percent) and enriched grains; and 2) noncreditable grains cannot exceed 6.99 grams per portion. Breakfast cereals that are not WGR must be enriched or fortified.</p> <p>Serving the same WGR cooked breakfast cereals to preschoolers and grades K-12: Cooked breakfast cereals that meet the preschool WGR criteria may or may not meet the WGR criteria for grades K-12. If SFAs serve the same grain foods to preschoolers and grades K-12, these foods must meet the WGR criteria for grades K-12 and must also meet the preschool sugar limit (refer to “Preschoolers and Grades K-5 Eating Together in the NSLP, SBP, and SSO” on page 2).</p>	<p>RTE breakfast cereals (group I): None. The ASP meal pattern for grades K-12 does not have a WGR requirement.</p> <p>Cooked breakfast cereals (group H): None. The ASP meal pattern for grades K-12 does not have a WGR requirement.</p>	<p>RTE breakfast cereals (group I): 1) The first ingredient must be a whole grain and the cereal must be fortified; and 2) cannot exceed sugar limit (refer to “R12: Sugar Limit for Breakfast Cereals”).</p> <p>Cooked breakfast cereals (group H): The first ingredient must be a whole grain (or water is the first ingredient and a whole grain is the next ingredient), and the next two grain ingredients (if any) are whole, enriched, bran, or germ. The cereal cannot exceed sugar limit (refer to “R12: Sugar Limit for Breakfast Cereals”).</p> <p>Serving the same WGR cooked breakfast cereals to preschoolers and grades K-12: Cooked breakfast cereals foods that meet the preschool WGR criteria may or may not meet the WGR criteria for grades K-12. If SFAs serve the same grain foods to preschoolers and grades K-12, these foods must meet the WGR criteria for grades K-12; and must also meet the preschool sugar limit (refer to “Preschoolers and Grades K-5 Eating Together in the NSLP, SBP, and SSO” on page 2).</p> <p>Resources: Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP (CSDE) Meeting the Whole Grain-rich Requirement for the CACFP (CSDE) When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p>

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USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

BREAKFAST CEREALS (RTE and cooked, including regular and instant, e.g., oatmeal), *continued*

Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
R10: WGR Criteria for Breakfast Cereals, <i>continued</i>	Resources: Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP (CSDE) Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12 (CSDE) USDA Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022 When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE) Whole Grain-rich Requirement for Grades K-12 (CSDE webpage)		

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

BREAKFAST CEREALS (RTE and cooked, including regular and instant, e.g., oatmeal), *continued*

Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
R11: Serving Size for Breakfast Cereals	<p>Amount for cooked breakfast cereals (group H): 1 ounce equivalent equals ½ cup cooked or 1 ounce (28 grams) dry.</p> <p>Amount for RTE breakfast cereals (group I): 1 ounce equivalent equals 1 ounce (28 grams), i.e., 1 cup of flaked or round cereal, 1¼ cup of puffed cereal, and ¼ cup of granola.</p> <p>Resources: Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP (CSDE) Meal Patterns for School Nutrition Programs (CSDE webpage) Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA) Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA)</p>	<p>Amount for cooked breakfast cereals (group H): 1 serving equals ½ cup cooked or 25 grams dry.</p> <p>Amount for RTE breakfast cereals (group I): 1 serving equals ¾ cup or 1 ounce, whichever or less.</p> <p>Resources: ASP Meal Pattern for Grades K-12 (CSDE) 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) 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) Servings for Grains/Breads for Grades K-12 in the ASP (CSDE)</p>	<p>Amount for cooked breakfast cereals (group H): The required preschool amount is ½ ounce equivalent, which equals ¼ cup cooked or 14 grams dry.</p> <p>Amount for RTE breakfast cereals (group I): The required preschool amount is ½ ounce equivalent, which equals ½ cup of flaked or round cereal, ¾ cup of puffed cereal, and ⅛ cup of granola.</p> <p>Resources: Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA) Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA)</p>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

BREAKFAST CEREALS (RTE and cooked, including regular and instant, e.g., oatmeal), *continued*

Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
R12: Sugar Limit for Breakfast Cereals	<p>Limit: None</p> <p>Serving the same breakfast cereals to preschoolers and grades K-12: Breakfast cereals to preschoolers and grades K-12 cannot exceed the preschool sugar limit. The exception is when SFAs choose to follow the K-5 meal pattern for preschoolers and grades K-5 who eat in the same service area at the same time (refer to “Preschoolers and Grades K-5 Eating Together in the ASP” on page 2).</p> <p>Resources: Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP (CSDE) USDA Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022</p>	<p>Limit: None</p> <p>Serving the same breakfast cereals to preschoolers and grades K-12: Breakfast cereals served to preschoolers and grades K-12 cannot exceed the preschool sugar limit. The exception is when SFAs choose to follow the K-12 ASP meal pattern for preschoolers and grades K-12 who eat in the same service area at the same time (refer to “Preschoolers and Grades K-5 Eating Together in the ASP” on page 2).</p> <p>Resources: Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP (CSDE)</p>	<p>Limit: Breakfast cereals (RTE and cooked) cannot exceed 6 grams of sugar per dry ounce (≤ 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).</p> <p>Resources: Calculating Sugar Limits for Breakfast Cereals in the CACFP (USDA) Choose Breakfast Cereals that are Lower in Sugar (USDA) Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP (CSDE) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

Regulations and Policy

Final Rule (81 FR 24347) and Final Rule Corrections (81 FR 75671): CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010:

<https://www.fns.usda.gov/cacfp/fr-042516>

Final Rule (84 FR 50287): Child Nutrition Programs: Transitional Standards for Milk, Whole Grains, and Sodium:

<https://www.federalregister.gov/documents/2022/02/07/2022-02327/child-nutrition-programs-transitional-standards-for-milk-whole-grains-and-sodium>

How Do They Compare? Child Nutrition Programs' Meal Pattern Requirements (USDA):

<https://portal.ct.gov/-/media/SDE/Nutrition/CNPMealPatternComparison.pdf>

Nutrition Standards in the National School Lunch and School Breakfast Programs (77 FR 4088):

<https://www.fns.usda.gov/school-meals/fr-012612>

School Meals Legislation and Regulations (USDA):

<https://www.fns.usda.gov/school-meals/program-legislation-regulations>

USDA Memo CACFP 08-2017: Questions and Answers on the Updated Meal Pattern Requirements for the Child and Adult Care Food Program:

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

USDA Memo CACFP 09-2018: Grain Requirements in the CACFP: Questions and Answers

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

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 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022:

<https://www.fns.usda.gov/cn/sp052022-questions-answers-program-operators>

USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program:

<https://www.fns.usda.gov/school-meals/grain-requirements-national-school-lunch-program-and-school-breakfast-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>

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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

Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE):

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

Crediting Summary Charts for the Preschool Meal Patterns of the School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_SNP_Preschool.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://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

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 Component for Grades K-12 (CSDE):

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

Grains Component for Preschoolers (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Grains>

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

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

How to Use the Grain Ounce Equivalents Chart for the NSLP and SBP (CSDE):

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

How to Use the Grains/Breads Servings Chart for Grades K-12 in the ASP (CSDE):

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

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs>

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Meal Patterns for School Nutrition Programs (Grades K-12) (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

Menu Planning Guide for School Meals for Grades K-12 (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

Menu Planning Guide for Preschoolers in the NSLP and SBP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Menu_Planning_Guide_Preschool.pdf

Nutrition Standards for CACFP Meals and Snacks (USDA webpage):

<https://www.fns.usda.gov/cacfp/meals-and-snacks>

Operational Memoranda for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Lists/Operational-Memoranda-for-School-Nutrition-Programs>

Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_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 (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains-Breads_Servings_Fillable_508.pdf

Policy Memos for Child Nutrition Programs (USDA webpage):

<https://www.fns.usda.gov/resources>

Program Guidance for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs>

Resources for the Preschool Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources_Preschool_Meal_Patterns.pdf

Resources for the School Meal Patterns for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/Resources_School_Meal_Patterns_grades_K-12.pdf

Special Diets in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-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

Whole Grain Resource for the National School Lunch and Breakfast Programs (USDA):

<https://www.fns.usda.gov/tn/whole-grain-resource-national-school-lunch-and-breakfast-programs>

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For more information, refer to the CSDE's *Menu Planning Guide for School Meals for Grades K-12* and *Menu Planning Guide for Preschoolers in the NSLP and SBP*, and visit the CSDE's *Meal Patterns for Grades K-12 in School Nutrition Programs* and *Meal Patterns for Preschoolers in School Nutrition Programs* webpages, or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

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

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