

Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Preschool Meal Patterns

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 preschool meal patterns are the same as the Child and Adult Care Food Program (CACFP) and are in ounce equivalents (oz eq).

The chart on pages 2-3 lists the Exhibit A oz eq for the preschool meal patterns. Groups F and G (grain-based desserts) are not included because grain-based desserts do not credit in the preschool meal patterns.

The amount of a creditable grain food that provides 1 oz eq varies because different types of foods contain different amounts of creditable grains. For example, to credit as 1 oz eq of the grains component, a roll must weigh 28 grams (1 ounce) and a blueberry muffin must weigh 55 grams (2 ounces). The minimum amount that credits toward the grains component is $\frac{1}{4}$ oz eq.

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, *How to Identify Creditable Grains for Preschoolers in the NSLP and SBP*, *Crediting Whole Grains in the NSLP and SBP*, *Crediting Enriched Grains in the NSLP and SBP*, and *Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP*.

Using the Ounce Equivalents 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 ounce equivalents contribution of a commercial grain product or standardized recipe, refer to the CSDE's resource, *Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP*.

Whole Grain-rich (WGR) Requirement

At least one serving of grains per day must be WGR. The USDA's *CACFP Best Practices* recommends at least two servings of WGR grains per day. For guidance on identifying WGR foods, refer to the CSDE's CACFP resource, *Meeting the Whole Grain-rich Requirement for the CACFP*.

Grain Ounce Equivalents for the NSLP and SBP Preschool Meal Patterns

The required amount for ages 1-4 is ½ oz eq.

Group A	Oz Eq for Group A
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 oz eq = 22 grams or 0.8 ounce ¾ oz eq = 17 grams or 0.6 ounce ½ oz eq = 11 grams or 0.4 ounce ¼ oz eq = 6 grams or 0.2 ounce
Group B	Oz Eq for Group B
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, all shapes ¹ Egg roll skins English muffins Pita bread, e.g., white, wheat, whole wheat Pizza crust Pretzels, soft Rolls, e.g., white, wheat, whole wheat Taco shells Tortilla chips Tortillas	1 oz eq = 28 grams or 1 ounce ¾ oz eq = 21 grams or 0.75 ounce ½ oz eq = 14 grams or 0.5 ounce ¼ oz eq = 7 grams or 0.25 ounce
Group C	Oz Eq for Group C
Cornbread Corn muffins Croissants Pancakes Piecrust (only in meat/meat alternate pies) Waffles	1 oz eq = 28 grams or 1 ounce ¾ oz eq = 21 grams or 0.75 ounce ½ oz eq = 14 grams or 0.5 ounce ¼ oz eq = 7 grams or 0.25 ounce
Group D	Oz Eq for Group D
Muffins, all except corn	1 oz eq = 55 grams or 2 ounces ¾ oz eq = 42 grams or 1.5 ounces ½ oz eq = 28 grams or 1.0 ounce ¼ oz eq = 14 grams or 0.5 ounce
Group E	Oz Eq for Group E
French toast	1 oz eq = 69 grams or 2.4 ounces ¾ oz eq = 52 grams or 1.8 ounces ½ oz eq = 35 grams or 1.2 ounces ¼ oz eq = 18 grams or 0.6 ounce

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The required amount for ages 1-4 is ½ oz eq.

Group F	Oz Eq for Group F
None (grain-based desserts do not credit) ²	None
Group G	Oz Eq for Group G
None (grain-based desserts do not credit) ²	None
Group H	Oz Eq for Group H
Barley Breakfast cereals, cooked ³ 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 oz eq = ½ cup cooked or 1 ounce (28 grams) dry ½ oz eq = ¼ cup cooked or ½ ounce (14 grams) dry
Group I	Oz Eq for Group I
Ready-to-eat (RTE) breakfast cereals (cold dry) ³	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1 ¼ cups or 1 ounce for puffed cereal 1 oz eq = ¼ cup or 1 ounce for granola ½ oz eq = ½ cup or ½ ounce for flakes and rounds ½ oz eq = ¾ cup or ½ ounce for puffed cereal ½ oz eq = ⅛ cup or ½ ounce for granola

¹ As a best practice, the USDA encourages preschool 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.

² 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 preschool meal patterns. Examples include 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) piccrusts 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. For more information, visit the USDA's webpage, [Grain-based Desserts in the CACFP](#).

³ 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, refer to the CSDE's resource, [Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP](#), and visit the USDA's webpage, [Choose Breakfast Cereals that are Lower in Sugar](#).

Grain Ounce Equivalents for the NSLP and SBP Preschool Meal Patterns

Resources

Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf

Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP:

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

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

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

Grains Component for Preschoolers (CSDE webpage):

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

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP (CSDE):

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

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

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

Meeting the Whole Grain-rich Requirement for the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf

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

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 in Child Nutrition Programs

– Completed Sample (USDA):

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

Grain Ounce Equivalents for the NSLP and SBP Preschool Meal Patterns

Product Formulation Statements (CSDE):

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

Resources for the Preschool Meal Patterns (CSDE):

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

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://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2019/SP34_CACFP15_SFSP15-2019s.pdf

Using Ounce Equivalents for Grains in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/using-ounce-equivalents-grains-cacfp>

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>

Grain Ounce Equivalents for the NSLP and SBP Preschool Meal Patterns



For more information, refer to the CSDE's *Menu Planning Guide for Preschoolers in the NSLP and SBP* and visit the CSDE's *Meal Patterns for Preschoolers in School Nutrition Programs* 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/Grain_Oz_Eq_SNP_preschool.pdf.

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2. **fax:** (833) 256-1665 or (202) 690-7442; or
3. **email:** program.intake@usda.gov

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