

How to Use the How to Use the Grains/Breads Servings Chart for Grades K-12 in the Afterschool Snack Program

This guidance applies to the U.S. Department of Agriculture's (USDA) meal patterns for grades K-12 in the Afterschool Snack Program (ASP) of the National School Lunch Program (NSLP). For information on the ASP meal pattern and crediting foods for grades K-12, visit the Connecticut State Department of Education's (CSDE) [Afterschool Snack Program \(ASP\)](#) webpage.

Exhibit A: Grain Requirements for Child Nutrition Programs

The USDA's chart, *Exhibit A: Grain Requirements for Child Nutrition Programs*, summarizes the required quantities for nine groups (A-I) of grain foods. Groups A-G include baked goods, such as crackers, animal and graham crackers, breads, rolls, taco shells, muffins, waffles, and pancakes. Group H includes cereal grains, such as pasta, rice, cooked breakfast cereals, barley, cornmeal, and quinoa. Group I includes ready-to-eat cold breakfast cereals.

The Exhibit A quantities are not the same for all Child Nutrition Programs because the meal patterns are different. The CSDE's *Servings for Grains/Breads for Grades K-12 in the ASP* indicates the Exhibit A servings that apply to the ASP meal pattern for grades K-12.

This document summarizes how to use the Exhibit A quantities in the CSDE's grains/breads servings chart to determine the grains/breads contribution of grain menu items in groups A-G. This method is commonly used for commercial grain products and may also be used for standardized recipes if the menu planner knows the weight of the prepared (cooked) serving.



The Exhibit A quantities are one of the two methods for determining the grains/breads servings of a grain menu item in the ASP meal patterns for grades K-12. For guidance on the creditable grains method, refer to the CSDE's resource, *Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP*.

Before determining the grains/breads servings, make sure the commercial grain product or standardized recipe is creditable (whole grain, enriched, or contains a blend of whole and enriched grains). For information on identifying creditable grain foods, refer to the CSDE's resources, resources, *Crediting Enriched Grains in the NSLP and SBP*, *Crediting Whole Grains in the NSLP and SBP*, *Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP*, and *Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12*.

Exhibit A Grains/Breads Servings Calculation Method

School food authorities (SFAs) must know the applicable weight or volume of the grain menu item to use the Exhibit A oz eq calculation method. For commercial products, this information is determined from the serving information listed on the Nutrition Facts label or product formulation statement (PFS). For foods made from scratch, this information is determined from the weight or volume of the serving in the standardized recipe. The grains/breads servings contribution is calculated by dividing the *serving weight or volume* by the *required weight or volume for 1 serving* of the applicable Exhibit A grain group.

Note: To use this method for foods in groups A-G that are made from scratch, SFAs must have a standardized recipe on file that indicates the weight of the prepared (cooked) serving. Many standardized recipes do not list the serving weight. If this information is not available, determine the average weight per serving by weighing several servings of the recipe. Alternatively, the creditable grains method may be used. For more information, refer to the CSDE's resources, [Yield Study Data Form for Child Nutrition Programs](#), [Calculation Methods for Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP](#) and [Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP](#).

Rounding Rules

SFAs must follow the rounding rules below when calculating the grains/breads servings of a commercial grain product or standardized recipe.

- **grains/breads servings contribution:** When determining the grains/breads servings of a grain food, always round down to the nearest $\frac{1}{4}$ oz eq. For example, if the calculation indicates that a bagel contains 1.49 oz eq., round down to 1.25 oz eq.
- **Number of pieces per serving:** When determining the number of pieces needed to credit as 1 grains/breads serving, always round up to the next whole number. For example, if the calculation indicates that 6.7 pretzels credit as 1 oz eq., round up to 7 pretzels.

Make sure to use the appropriate rounding rule to correctly calculate the grain item's grains/breads servings contribution.

Crediting Examples

This document reviews the steps for using the Exhibit A quantities to determine the grains/breads servings for commercial products and standardized recipes that contain multiple small pieces per serving, such as crackers, hard pretzels, and animal crackers (example 1); multiple large pieces per serving, such as pancakes, slices of bread, and waffles (example 2); and one piece per serving, such as muffins, bagels, and rolls (example 3). The calculation steps are different for each type of grain item.

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

Example 1: Multiple Small Pieces per Serving

For grain items that contain multiple small pieces per serving (such as crackers, hard pretzels, and animal crackers), calculate the number of pieces per grains/breads serving by dividing the *required weight (grams) for 1 grains/breads serving* of the applicable Exhibit A grain group by the *grams per piece*. The example below (refer to table 1) shows this calculation for whole grain-rich crackers in group A. Five crackers credit as 1 grains/breads serving.



Whole grain-rich crackers (group A)

Nutrition Facts

About 9 Servings per container

Serving Size 6 crackers (28g)

Amount per serving

Calories 120

Group A	Minimum Serving for Group A
Bread sticks, hard	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
Bread-type coating	
Chow Mein noodles	
Crackers, savory, e.g., saltines and snack crackers	
Croutons	
Pretzels, hard	
Stuffing, dry Note: weights apply to bread in stuffing	

Table 1. Steps for determining grains/breads servings of grain items with multiple small pieces per serving

1. <i>Required weight for 1 grains/breads serving:</i> List the required grams for 1 grains/breads serving for the product's group (A-G) in Exhibit A.	A	20	grams per 1 grains/breads serving
2. <i>Grams per serving:</i> List the serving size in grams (g) from Nutrition Facts label, PFS, or standardized recipe.	B	28	grams per serving
3. <i>Pieces per serving:</i> List the number of pieces per serving from Nutrition Facts label, PFS, or standardized recipe.	C	6	pieces
4. Calculate the <i>grams per piece</i> (divide B by C).	D	4.66	grams per piece
5. Calculate the <i>pieces per 1 grains/breads serving</i> (divide A by D)	E	4.29	pieces per grains/breads servings
6. Round up to next whole number.	F	5	pieces per grains/breads serving

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

Example 2: Multiple Large Pieces per Serving

For grain items that contain multiple large pieces per serving (such as pancakes, slices of bread, and waffles), calculate the grains/breads servings per piece by dividing the *required weight (grams)* for



1 *grains/breads serving* of the applicable Exhibit A grain group by the *grams per piece*. The example below (refer to table 2) shows this calculation for enriched pancakes in group C. One pancake credits as 1 grains/breads serving.

Enriched pancakes (group C)

Nutrition Facts

4 Servings per container
Serving Size 3 pancakes (116g)

Amount per serving	
Calories	280

Group C	Minimum Serving for Group C
Cookies, plain, including vanilla wafers ² Cornbread Corn muffins Croissants Pancakes Piecrust (dessert pies ² , cobblers ² , fruit turnovers ¹ , and meat or meat alternate pies) Waffles	1 serving = 31 grams or 1.1 ounces ¾ serving = 23 grams or 0.8 ounce ½ serving = 16 grams or 0.6 ounce ¼ serving = 8 grams or 0.3 ounce
¹ Allowed only at lunch in the NSLP and breakfast in the SBP. The weekly total of all grain-based desserts at lunch cannot exceed 2 oz eq. ² Allowed only at lunch in the NSLP. The weekly total of all grain-based desserts at lunch cannot exceed 2 oz eq.	

Table 2. Steps for determining grains/breads servings of grain items with multiple large pieces per serving

1. <i>Required weight for 1 grains/breads serving</i> : List the required grams for 1 grains/breads serving for the product's group (A-G) in Exhibit A.	A	31	grams per 1 grains/breads serving
2. <i>Grams per serving</i> : List the serving size in grams from Nutrition Facts label, PFS, or standardized recipe.	B	116	grams per serving
3. <i>Pieces per serving</i> : List the number of pieces per serving from Nutrition Facts label, PFS, or standardized recipe.	C	3	pieces
4. Calculate the <i>grams per piece</i> (divide B by C).	D	38.66	grams per piece
5. Calculate the <i>grains/breads servings per piece</i> (divide D by A)	E	1.24	grains/breads servings per piece
6. Round down to the nearest ¼ grains/breads serving.	F	1	grains/breads servings per piece

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

Example 3: One Piece per Serving

For grain items that contain one piece per serving (such as muffins, bagels, and rolls), calculate the grains/breads servings per piece by dividing the *grams per serving* by the *required weight (grams) for 1 grains/ breads serving* of the applicable Exhibit A grain group. The example below (refer to table 3) shows this calculation for a whole grain-rich blueberry muffin in group D. One muffin credits as 1 grains/breads serving.



Whole grain-rich blueberry muffin (group D)

Nutrition Facts	
Serving Size	1 muffin (57g)
Servings per container 6	
Amount per serving	
Calories	210

Group D	Minimum Serving for Group D
Doughnuts, cake and yeast raised, unfrosted ¹ Cereal bars, breakfast bars, granola bars, plain ¹ Muffins, all except corn Sweet rolls, unfrosted ¹ Toaster pastries, unfrosted ¹	1 serving = 50 grams or 1.8 ounces ¾ serving = 38 grams or 1.3 ounces ½ serving = 25 grams or 0.9 ounce ¼ serving = 13 grams or 0.5 ounce
¹ Allowed only at lunch in the NSLP and breakfast in the SBP. The weekly total of all grain-based desserts at lunch cannot exceed 2 oz eq.	

Table 3. Steps for determining grains/breads servings of grain items with one piece per serving		
1. <i>Required weight for 1 grains/ breads serving:</i> List the required grams for 1 grains/breads serving for the product's group (A-G) in Exhibit A.	A	50 grams per 1 grains/ breads serving
2. <i>Grams per serving:</i> List the serving size in grams from Nutrition Facts label, PFS, or standardized recipe.	B	57 grams per serving
3. Calculate the <i>grains/ breads servings per piece</i> (divide B by A)	C	1.14 grains/breads servings per piece
4. Round down to the nearest ¼ grains/breads serving.	D	1 grains/breads servings per piece

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

Grain Crediting Tools

The tools below help menu planners determine the meal pattern contribution (including grains/breads servings) of creditable products and recipes.

- **USDA’s Exhibit A Grains Tool for commercial grain products:** This [online tool](#) of the USDA’s *Food Buying Guide for Child Nutrition Programs* (FBG) determines the grains/breads servings of commercial grain products. For more information, watch the USDA’s webinars, *Exhibit A Grains Tool to the Rescue* and *How to Maximize the Exhibit A Grains Tool*.
- **USDA’s Recipe Analysis Workbook:** The FBG’s online [Recipe Analysis Workbook](#) allows menu planners to search for ingredients, develop a standardized recipe, and determine the recipe’s meal pattern contribution per serving. To access this tool, users must create a free account on the USDA’s FBG website.

For more information on grains/breads servings, refer to the “[Serving Size for Grains/Breads](#)” section of the CSDE’s ASP webpage.

Resources

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

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

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

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>

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

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

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

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

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

Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12 (CSDE):

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

Tips for Evaluating a Manufacturer’s Product Formulation Statement (USDA):

<https://www.fns.usda.gov/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

Using Product Formulation Statements in the School Nutrition Programs (CSDE):

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

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>

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



For more information, refer to the CSDE's *Menu Planning Guide for School Meals for Grades K-12* and visit the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) and [Crediting Foods 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/How_to_Use_Grains_Breads_Servings_Chart_ASP_K-12.pdf.

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Office of the Assistant Secretary for Civil Rights
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Washington, D.C. 20250-9410; or
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3. email: program.intake@usda.gov

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