

Grain Ounce Equivalents for Preschoolers in the National School Lunch Program, School Breakfast Program, and Afterschool Snack Program

Effective October 1, 2021

The chart below shows the required amounts (ounce equivalents (oz eq)) for whole grain-rich (WGR) and enriched products that contribute to the grains component of the U.S. Department of Agriculture’s (USDA) meal patterns for preschoolers (ages 1-4) 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. For guidance on identifying creditable grains, see the Connecticut State Department of Education’s (CSDE) handouts, [How to Identify Creditable Grains for Preschoolers in the NSLP, SBP, and ASP](#), [Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP](#), [Crediting Whole Grains in the NSLP and SBP](#) and [Crediting Enriched Grains in the NSLP and SBP](#). **Note:** At least one serving of grains per day must be WGR, between all meals and ASP snacks served to preschoolers. The USDA’s [CACFP Best Practices](#) recommends at least two servings of WGR grains per day.

This chart applies to whole grain-rich (WGR) and enriched commercial grain products. It may also be used for WGR and enriched foods made on site, if the standardized recipe indicates the weight of the prepared (cooked) serving. For more information, see the CSDE’s handout, [Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP](#).

The required amount for ages 1-4 is ½ oz eq.	
Group A	Oz Eq for Group A
Bread type coating Bread sticks, hard Chow mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry (<i>weights apply to bread in stuffing</i>)	1 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 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 Tortillas, wheat or corn Tortilla chips, wheat or corn Taco shells	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

Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP

Group C	Oz Eq for Group C
Cornbread Corn muffins Croissants Pancakes Pie crust (only in meat/meat alternate pies) Waffles	1 oz eq = 34 grams or 1.2 ounces ¾ oz eq = 26 grams or 0.9 ounce ½ oz eq = 17 grams or 0.6 ounce ¼ oz eq = 9 grams or 0.3 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
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

Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP

Group I	Oz Eq for Group I
Ready-to-eat (RTE) breakfast cereals (cold dry) ³	<p>1 oz eq = 1 cup or 1 ounce for flakes and rounds</p> <p>1 oz eq = 1 ¼ cups or 1 ounce for puffed cereal</p> <p>1 oz eq = ¼ cup or 1 ounce for granola</p> <p style="background-color: yellow;">½ oz eq = ½ cup or ½ ounce for flakes and rounds</p> <p style="background-color: yellow;">½ oz eq = ¾ cup or ½ ounce for puffed cereal</p> <p style="background-color: yellow;">½ oz eq = ⅛ cup or ½ ounce for granola</p>
<p>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 ASP snacks served to preschoolers.</p> <p>² Grain-based desserts in groups E-F are not listed in this chart because they do not credit in the preschool meal patterns. Examples of grain-based desserts include brownies, cookies, cakes, cupcakes, coffee cakes, cinnamon streusel quick breads, pie crusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, raisin, and orange cranberry), rice pudding, and sweet bread pudding. For more information, see USDA’s handout, <i>Grain-Based Desserts in the CACFP</i>.</p> <p>³ RTE and cooked breakfast cereals must be whole-grain, enriched, or fortified; and cannot contain more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, see the CSDE’s handout, <i>Crediting Breakfast Cereals for Preschoolers in the NSLP, SBP, and ASP</i>, and the USDA’s handout, <i>Choose Breakfast Cereals That Are Lower in Added Sugars</i>.</p>	

Resources

Adding Whole Grains to Your CACFP Menu (USDA):

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

CACFP Best Practices (USDA):

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

Calculation Methods for Grain Servings for Preschoolers in the NSLP, SBP, and ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainCalcPreschool.pdf>

Child Nutrition (CN) Labeling Program (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CNlabel.pdf>

Choose Breakfast Cereals That Are Lower in Added Sugars (USDA):

<https://www.fns.usda.gov/sites/default/files/tn/cacfp-cereal.pdf>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPComparisonPreschoolK12.pdf>

Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonGrainCrediting.pdf>

Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP

Crediting Breakfast Cereals for Preschoolers in the NSLP, SBP, and ASP:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditCerealsPreschool.pdf>

Crediting Enriched Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditEnrichedGrains.pdf>

Crediting Whole Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditWholeGrains.pdf>

Food Buying Guide for Child Nutrition Programs (USDA):

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

Grain-Based Desserts in the CACFP (USDA):

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

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

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/IdentifyCreditableGrainsPreschool.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>

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

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/mpgpreschool.pdf>

Product Formulation Statement for Grains (USDA):

<https://www.fns.usda.gov/sites/default/files/resource-files/PFSgrains13-14.pdf>

Product Formulation Statement for Grains: Completed Sample (USDA):

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

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

USDA Final Rule 81 FR 24348: Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010:

<https://www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf>

USDA Final Rule Corrections 81 FR 75671: Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010:

<https://www.fns.usda.gov/es/cacfp/fr-110116>

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

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

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

Questions and Answers: <https://www.fns.usda.gov/cacfp/grain-requirements-child-and-adult-care-food-program-questions-and-answers-0>

Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP

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

Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/WGRCriteriaPreschool.pdf>

Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP



For more information, review the CSDE's *Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP* and visit the CSDE's [ASP](#) and [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage, or contact the [school nutrition programs staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This handout is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Preschoolozeq.pdf>.

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