

How to Use the Grains/Breads Servings Chart for the Summer Food Service Program

This guidance applies to meals and snacks served in the U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSP). For information on the SFSP meal patterns and the grains/breads component, visit the "[Meal Patterns](#)" section of the Connecticut State Department of Education's (CSDE) SFSP webpage and refer to the CSDE's resource, [Requirements for the Grains/Breads Component of the Summer Food Service Program Meal Patterns](#). For information on the crediting requirements, visit the CSDE's [Crediting Foods in the Summer Food Service Program](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage.



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Exhibit A: Grain Requirements for Child Nutrition Programs

The required quantities for the grains/breads component are in servings. 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-F include baked goods, such as crackers, breads, rolls, taco shells, muffins, waffles, pancakes, and grain-based desserts, e.g., cookies, cake, granola bars, and pastries.
- 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 CSDE's resource, [Servings for Grains/Breads in the Summer Food Service Program](#), indicates the Exhibit A servings that apply to the SFSP meal patterns.

The Exhibit A quantities are one of the allowable two methods for determining the grains/breads servings of a grain menu item; the other method is the creditable grains per serving. For guidance on both methods for determining grains/breads servings, refer to the CSDE's resource, [Calculation Methods for Grains/Breads Servings for the Summer Food Service Meal Patterns](#).

Restrictions for grain-based desserts

Grain-based desserts are listed in groups C-G of the CSDE's grains/breads servings chart. Grain-based desserts do not credit at lunch or supper. Only certain grain-based desserts are allowed at snack and breakfast. Sweet crackers (like graham crackers and animal crackers) are not included in the restrictions for grain-based desserts.

- **Breakfast and snack:** Examples of grain-based desserts allowed at breakfast and snack include coffee cakes, cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, and fruit turnovers.
- **Snack:** Examples of grain-based desserts allowed only at snack include cookies, cakes, cupcakes, plain brownies, and piecrusts in sweet pies like apple, coconut, blueberry, and pecan.

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Grain-based desserts often contain more fat and added sugars than traditional grains. The CSDE encourages SFSP sponsors to limit all grain-based desserts and sweet crackers to no more than twice per week and offer nutrient-dense whole grains instead. For example, if the SFSP menu includes cookies as a snack on Monday and granola bars for breakfast on Thursday, no other grain-based desserts should be served during that week.

For more information, refer to the CSDE's resource, [Crediting Grain-based Desserts in the Summer Food Service Program](#).

Exhibit A Calculation Method

SFSP sponsors must know the applicable weight or volume of the grain menu item to use the Exhibit A grains/breads servings calculation method. The grains/breads servings contribution is calculated by dividing the grain menu item's serving weight or volume by the required weight or volume for 1 grains/breads serving for the applicable Exhibit A grain group.

Commercial products

The serving weight or volume of commercial products is determined from the serving information listed on the Nutrition Facts label or the manufacturer's product formulation statement (PFS). Menu planners cannot use the grains/breads servings chart if the ingredients statement and packaging do not provide sufficient information to determine if the product meets the meal pattern crediting criteria. These products require a PFS.

For guidance on when a PFS is required and what it must include, refer to the CSDE's resources, [When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program](#) and [Using Product Formulation Statements in the Summer Food Service Program](#). Additional guidance on PFS forms is available in the "[Product Formulation Statements](#)" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

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Foods made from scratch in groups A-G

To use the grains/breads servings chart for foods made from scratch in groups A-G, SFSP sponsors must have a standardized recipe on file that indicates the weight of the prepared (cooked) serving. If the standardized recipe does not provide this information, SFSP sponsors must use one of the two methods below.

1. Determine the average serving weight by weighing several portions (refer to the CSDE's [Yield Study Data Form for the Child Nutrition Programs](#)), then use the grains/breads servings chart.
2. Use the creditable grains method to determine the grains/breads servings (refer to the CSDE's resources, [Calculation Methods for Grains/Breads Servings for the Summer Food Service Meal Patterns](#)).

SFSP sponsors cannot use the grains/breads servings chart if the grain menu item's serving weight is not known.

Rounding rules

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

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

Menu planners must use the appropriate rounding rule to correctly calculate the grain item's grains/breads servings.

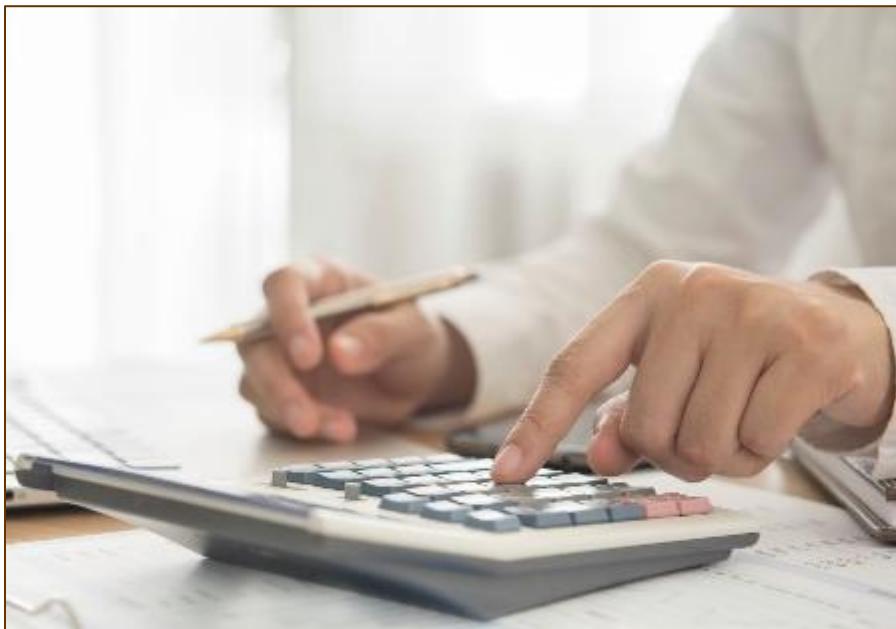
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Overview of Crediting Examples

The examples on pages 6-8 show the steps for using the Exhibit A quantities in the CSDE's grains/breads servings chart to determine the grains/breads servings for grain menu items in groups A-G. These steps are 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 (refer to "[Foods made from scratch in groups A-G](#)" in this document).

The examples include three different categories of commercial products and standardized recipes: 1) grain items that contain multiple small pieces per serving, such as crackers, hard pretzels, and animal crackers; 2) grain items that contain multiple large pieces per serving, such as pancakes, slices of bread, and waffles; and 3) grain items that contain one piece per serving, such as muffins, bagels, and rolls. The calculation steps are different for each category.

Before determining a menu item's grains/breads servings, menu planners should check that the commercial grain product or recipe is creditable. The grain food must be whole grain, enriched, or contain a blend of whole and enriched grains.



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Example for Category 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 in 1 grains/breads serving by dividing the required weight (grams) for 1 grains/breads serving of the applicable grain group listed in Exhibit A by the grams per piece. The steps below show an example of this calculation for whole grain-rich crackers in group A.

Whole Grain-rich Crackers (Group A)

- Serving size: 6 crackers (28 g)

Exhibit A Oz Eq for Group A

- 1 serving = 20 grams or 0.7 ounce



Steps for Determining Oz Eq for Category 1

1. **Grams per manufacturer's serving:** List the manufacturer's serving size in grams (g) from the Nutrition Facts label or PFS: 28 grams
2. **Pieces per manufacturer's serving:** List the number of pieces per manufacturer's serving from the Nutrition Facts label or PFS: 6 pieces
3. **Calculate grams per piece:** Divide grams per serving (step 1) by pieces per serving (step 2): 28 grams divided by 6 pieces = 4.67 grams per piece
4. **Required weight for 1 grains/breads serving:** List the required weight for 1 grains/breads serving for the product's group (A-G) in Exhibit A. 20 grams
5. **Calculate number of pieces in 1 grains/breads serving:** Divide the required weight for 1 grains/breads serving (step 4) by the grams per piece (step 3): 20 grams divided by 4.67 grams per piece = 4.28 pieces per 1 grains/breads serving
6. **Round up to next whole number:** 5 pieces (crackers) = 1 grains/breads serving

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Example for Category 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 grain group listed in Exhibit A by the grams per piece. The steps below show an example of this calculation for enriched pancakes in group C.

Enriched Pancakes (Group C)

- Serving size: 3 pancakes (116 g)

Exhibit A Oz Eq for Group C

- 1 serving = 31 grams or 1.1 ounces



Steps for Determining Oz Eq for Category 2

1. **Grams per manufacturer's serving:** List the manufacturer's serving size in grams (g) from the Nutrition Facts label or PFS: 116 grams
2. **Pieces per manufacturer's serving:** List the number of pieces per manufacturer's serving from the Nutrition Facts label or PFS: 3 pieces
3. **Calculate grams per piece:** Divide grams per manufacturer's serving (step 1) by pieces per manufacturer's serving (step 2): 116 grams divided by 3 pieces = 38.67 grams per piece
4. **Required weight for 1 grains/breads serving:** List the required weight for 1 grains/breads serving for the product's group (A-G) in Exhibit A. 31 grams
5. **Calculate grains/breads serving per piece:** Divide the grams per piece (step 3) by required weight for 1 grains/breads serving (step 4): 38.67 grams divided by 31 grams = 1.24 grains/breads servings per piece.
6. **Round down to nearest 1/4 serving:** 1 grains/breads serving per piece (1 pancake)

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Example for Category 3: One Piece Per Serving

For grain items that contain one piece per serving (such as muffins, bagels, and rolls), calculate the grains/breads serving by dividing the grams per serving by the required weight (grams) for 1 grains/breads serving of the applicable grain group listed in Exhibit A. The steps below show an example of this calculation for whole grain-rich blueberry muffin in group D.

Whole Grain-rich Blueberry Muffin (Group D)

- Serving size: 1 muffin (57 g)



Exhibit A Oz Eq for Group D

- 1 serving = 50 grams or 1.8 ounces

Steps for Determining Oz Eq for Category 3

1. **Grams per manufacturer's serving:** List the serving size in grams (g) from the Nutrition Facts label or PFS: 57 grams
2. **Required weight for 1 grains/breads serving:** List the required weight for 1 grains/breads serving for the product's group (A-G) in Exhibit A: 50 grams
3. **Calculate grains/breads servings per manufacturer's serving:** Divide the grams per manufacturer's serving (step 1) by the required weight for 1 grains/breads serving (step 2): 57 grams divided by 50 grams = 1.14 grains/breads servings
4. **Round down to the nearest 1/4 serving:** 1 grains/breads serving per muffin

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Grain Crediting Tools

The USDA's online [Food Buying Guide Interactive Web-based Tool](#) provides several resources to help menu planners determine crediting information. The Exhibit A Grains Tool determines the grains/breads servings of commercial grain products. The Recipe Analysis Workbook (RAW) allows menu planners to search for ingredients, develop a standardized recipe, and determine the 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 "[Serving Requirements](#)" in the "Grains and Breads" section of the CSDE's Crediting Foods in the Summer Food Service Program webpage.

Resources

[Calculation Methods for Grains/Breads Servings for the Summer Food Service Meal Patterns](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/grain_calculation_sfsp.pdf

[Crediting Documentation for the Child Nutrition Programs](#) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

[Crediting Enriched Grains in the Summer Food Service Program](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit_enriched_grains_sfsp.pdf

[Crediting Grain-based Desserts in the Summer Food Service Program](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit_grain_based_desserts_sfsp.pdf

[Crediting Whole Grains in the Summer Food Service Program](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit_whole_grains_sfsp.pdf

[Exhibit A: Grain Requirements for Child Nutrition Programs](#) (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

[Grains and Breads Component](#) (CSDE's Crediting Foods in the Summer Food Service Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program/grains-and-breads>

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[Servings for Grains/Breads in the Summer Food Service Program](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/servings_grains_breads_sfsp.pdf

[Using Product Formulation Statements in the Summer Food Service Program](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/product_formulation_statements_sfsp.pdf

[What's in a Meal Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products](#) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module8>

[When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program](#) (CSDE):

https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/sfsp/mealpattern/when_commercial_grain_products_require_pfs_sfsp.pdf

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For more information, visit the CSDE's [Crediting Foods in the Summer Food Service Program](#) webpage or contact the [Summer Meals 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/sde/nutrition/-/media/sde/nutrition/sfsp/mealpattern/how_to_use_grains_breads_servings_chart_sfsp.pdf.



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