

Servings for Grains/Breads in the Summer Food Service Program

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. These quantities are not the same for all Child Nutrition Programs because the meal patterns are different. The chart on pages 3-4 of this document indicates the Exhibit A servings that apply to the grains/breads component of the Summer Food Service Program (SFSP) meal patterns.

The amount of a creditable grain food that provides one serving of the grains/breads component varies because different types of foods contain different amounts of creditable grains. For example, to credit as one serving of the grains/breads component, a roll (groups B) must weigh 25 grams or 0.9 ounce and a blueberry muffin (group D) must weigh 50 grams or 1.8 ounces. The minimum amount that credits toward the grains/breads component is $\frac{1}{4}$ serving.



Creditable Grain Foods

To credit as the grains/breads 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). Bran and germ credit the same as enriched grains

Creditable foods include commercial grain products and foods made from scratch that are whole-grain rich (WGR) or enriched. Creditable cooked and ready-to-eat (RTE) breakfast cereals include products that are WGR, enriched, or fortified. For guidance on identifying WGR and enriched grains, refer to the Connecticut State Department of Education's (CSDE) resources, [Crediting Whole Grains in the SFSP](#), [Crediting Enriched Grains in the SFSP](#), and [Crediting Breakfast Cereals in the SFSP](#).

Whole Grain-rich (WGR) Foods

WGR foods include 100 percent whole grains and foods that contain a blend of whole (at least 50 percent) and enriched grains. The SFSP meal pattern does not have a WGR requirement. The CSDE encourages SFSP sponsors/authorities to include WGR foods in SFSP menus.

Grain-based Desserts

Grain-based desserts cannot credit at lunch or supper. Only certain grain-based desserts are allowed at snack and breakfast. Grain-based desserts are in groups C-G and are indicated in red.

- **Snack:** Grain-based desserts with footnote 1 are allowed at snack. Examples include cookies, cakes, cupcakes, unfrosted brownies, and piecrusts in sweet pies, e.g., apple, coconut, blueberry, and pecan.
- **Breakfast and snack:** Grain-based desserts with footnote 2 are allowed at breakfast and snack. Examples include coffee cakes, cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, and toaster pastries.

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Sweet crackers (such as animal crackers and graham crackers) credit at all meals and snacks.

Grain-based desserts often contain more fat and added sugars than traditional grains. The CSDE recommends limiting the total servings of all grain-based desserts and animal/graham crackers to no more than twice per week, between all SFSP meals and snacks served to children.

Using the Grains/Breads Servings Chart

The chart on pages 3-4 indicates the required Exhibit A grains/breads servings for commercial grain products in the SFSP. These quantities may also be used for foods made from scratch if the standardized recipe indicates the weight of the prepared (cooked) serving. If the serving weight is not indicated, 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 grains/breads servings, refer to the CSDE's resource, *Calculation Methods for Grains/Breads Servings in the SFSP*.

The CSDE's resource, *How to Use the Grains/Breads Servings Chart for the SFSP*, reviews the steps for using the Exhibit A quantities to determine the grains/breads servings of three types of commercial products and standardized recipes. These include grain menu items in groups A-G that contain multiple small pieces per serving (e.g., crackers, hard pretzels, and animal crackers), multiple large pieces per serving (e.g., pancakes, slices of bread, and waffles), and one piece per serving (e.g., muffins, bagels, and rolls).

When a Product Formulation Statement (PFS) is Required

A manufacturer's PFS is required when a commercial product's ingredients statement and packaging do not provide sufficient information to determine if it meets the crediting criteria. A PFS is required for commercial products when any of the situations below apply.

1. The first ingredient (excluding water) is not a creditable grain, but the product contains more than one creditable grain (or the grain portion of a combination food contains more than one creditable grain).
2. A commercial combination food that contains a grain portion (such as pizza or breaded chicken nuggets) does not have a Child Nutrition (CN) label.
3. The manufacturer claims that the product's serving size is less than the required weight or volume in the Exhibit A chart.
4. The product is not listed in the Exhibit A chart.

For more information, refer to the CSDE's resources, *Child Nutrition (CN) Labeling Program*, *Using Product Formulation Statements in the SFSP*, and *When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program*. Additional guidance and resources on the grains/breads component is available in the "[Grains/Breads Component for the SFSP](#)" section of the CSDE's [Summer Food Service Program \(SFSP\)](#) webpage.

Servings for Grains/Breads in the SFSP

Group A	Minimum serving size for Group A
Bread sticks, hard Bread-type coating 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 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
Group B	Minimum serving size for Group B
Bagels Batter-type coating Biscuits Breads, e.g., white, wheat, whole wheat, French, Italian Buns, hamburger and hot dog Crackers, sweet, graham crackers and animal crackers, all shapes Egg roll skins English muffins Pita bread Pizza crust Pretzels, soft Rolls Taco shells Tortilla chips Tortillas	1 serving = 25 grams or 0.9 ounce ¾ serving = 19 grams or 0.7 ounce ½ serving = 13 grams or 0.5 ounce ¼ serving = 6 grams or 0.2 ounce
Group C	Minimum serving size for Group C
Cookies, plain, including vanilla wafers ¹ Cornbread Corn muffins Croissants Pancakes Pie crust (<i>dessert pies</i> ¹ , <i>cobblers</i> ¹ , <i>fruit turnovers</i> ² , 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
Group D	Minimum serving size for Group D
Cereal bars, breakfast bars, granola bars, plain ² Doughnuts, cake and yeast raised, unfrosted ² Muffins, all except corn Sweet rolls, unfrosted ² Toaster pastries, unfrosted ²	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

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Group E	Minimum serving size for Group E
<p>Cereal bars, breakfast bars, granola bars, with nuts, dried fruit or chocolate pieces ²</p> <p>Cookies, with fillings or coverings, nuts, raisins, chocolate pieces or fruit purees ¹</p> <p>Doughnuts, cake and yeast raised, frosted or glazed ²</p> <p>French toast</p> <p>Sweet rolls, frosted ²</p> <p>Toaster pastries, frosted ²</p>	<p>1 serving = 63 grams or 2.2 ounces</p> <p>$\frac{3}{4}$ serving = 47 grams or 1.7 ounces</p> <p>$\frac{1}{2}$ serving = 31 grams or 1.1 ounces</p> <p>$\frac{1}{4}$ serving = 16 grams or 0.6 ounce</p>
Group F	Minimum serving size for Group F
<p>Cake, plain, unfrosted ¹</p> <p>Coffee cake ²</p>	<p>1 serving = 75 grams or 2.7 ounces</p> <p>$\frac{3}{4}$ serving = 56 grams or 2.0 ounces</p> <p>$\frac{1}{2}$ serving = 38 grams or 1.3 ounces</p> <p>$\frac{1}{4}$ serving = 19 grams or 0.7 ounce</p>
Group G	Minimum serving size for Group G
<p>Brownies, plain ¹</p> <p>Cake, all varieties, frosted ¹</p>	<p>1 serving = 115 grams or 4 ounces</p> <p>$\frac{3}{4}$ serving = 86 grams or 3 ounces</p> <p>$\frac{1}{2}$ serving = 58 grams or 2 ounces</p> <p>$\frac{1}{4}$ serving = 29 grams or 1 ounce</p>
Group H	Minimum serving size for Group H
<p>Breakfast cereals, cooked ³</p> <p>Bulgur or cracked wheat</p> <p>Cereal grains, e.g., amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat</p> <p>Macaroni, all shapes</p> <p>Noodles, all varieties</p> <p>Pasta, all shapes</p> <p>Ravioli, noodle only</p> <p>Rice</p>	<p>1 oz eq = $\frac{1}{2}$ cup cooked or</p> <p>1 ounce (28 grams) dry</p>
Group I	Minimum serving size for Group I
<p>Ready-to-eat breakfast cereals (cold dry) ³</p>	<p>1 serving = $\frac{3}{4}$ cup or 1 ounce*</p> <p>$\frac{1}{2}$ serving = $\frac{1}{3}$ cup or $\frac{1}{2}$ ounce*</p> <p>$\frac{1}{3}$ serving = $\frac{1}{4}$ cup or $\frac{1}{3}$ ounce *</p> <p style="text-align: center;">* whichever is less</p>
<p>¹ Allowed only at snack. The CSDE recommends not serving grain-based desserts more than twice per week.</p> <p>² Allowed at breakfast and snack. The CSDE recommends not serving grain-based desserts more than twice per week.</p> <p>³ Breakfast cereals must be WGR, enriched, or fortified. For more information, refer to the CSDE's resource, Crediting Breakfast Cereals in the SFSP. Breakfast cereals may be served at any meal or snack.</p>	

Servings for Grains/Breads in the SFSP

Resources

Calculation Methods for Grains/Breads Servings in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Grain_Calculation_SFSP.pdf

Crediting Breakfast Cereals in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Cereals_SFSP.pdf

Crediting Enriched Grains in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Enriched_Grains_SFSP.pdf

Crediting Whole Grains in the SFSP (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>

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

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 the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#GrainsBreads>

How to Use the Grains/Breads Servings Chart for the SFSP (CSDE):

https://portal.ct.gov/SDE/Nutrition/-/media/SDE/Nutrition/SFSP/MealPattern/Credit_How_to_Use_Grains_Breads_Servings_Chart_SFSP.pdf

Meal Patterns for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns>

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_Document_Grains_Breads_Servings.pdf

Requirements for the Grains/Breads Component of the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_Grains_Breads_SFSP.pdf

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Resources for the SFSP Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/Resources_SFSP_Meal_Patterns.pdf

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

<https://fns-prod.azureedge.us/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

Using Product Formulation Statements in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Product_Formulation_Statements_SFSP.pdf

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

Servings for Grains/Breads in the SFSP



For more information, visit the CSDE's [Crediting Foods in the SFSP](#) webpages 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/Servings_Grains_Breads_SFSP.pdf.

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