

Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12

This guidance applies to the meal patterns for grades K-12 in the U.S. Department of Agriculture’s (USDA) Afterschool Snack Program (ASP) of the National School Lunch Program (NSLP). For additional guidance on the ASP meal pattern and crediting requirements for the grains/breads component, visit the “[Meal Patterns for the ASP](#)” and “[Grains/Breads Component for Grades K-12 in the ASP](#)” sections of the Connecticut State Department of Education’s (CSDE) Afterschool Snack Program webpage.



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Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12

Overview of Grains/Breads Servings Chart

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 in this document lists the Exhibit A servings that apply to creditable grain foods in the ASP meal pattern for grades K-12.

Groups A-G 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 like pasta, cooked breakfast cereals, and other cereal grains, e.g., amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat. Group I includes ready-to eat (RTE) cold breakfast cereals.

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 (group 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, or enriched, or contain a blend of whole and enriched grains. For guidance on the grain crediting requirements and how to identify whole and enriched grains, refer to the Connecticut State Department of Education's (CSDE) resources, *Crediting Whole Grains in the National School Lunch Program and School Breakfast Program* and *Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program*,
- Creditable cooked and ready-to-eat (RTE) breakfast cereals include whole grain, enriched, and fortified cereals. For additional guidance, refer to the CSDE's *Crediting Breakfast Cereals for Grades K-12 in the National School Lunch Program and School Breakfast Program*.

Additional resources on the grains/breads component of the NSLP and SBP meal patterns for grades K-12, visit the "[Grains/breads component for Grades K-12](#)" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.

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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 ASP meal pattern for grades K-12 does not have a WGR requirement. The CSDE encourages school food authorities (SFAs) to include WGR foods in ASP menus.

Grain-based Desserts

Grain-based desserts in groups C-G are indicated in red. The CSDE recommends limiting grain-based desserts to no more than twice per week.

Using the Grains/Breads Servings Chart

The grains/breads servings chart in this document (refer to pages 4-5) indicates each grain group's required weight (groups A-G) or volume (groups H and I) to credit as 1 serving of the grains/breads component in the ASP meal pattern for grades K-12. It also indicates the required quantities for $\frac{3}{4}$ serving, $\frac{1}{2}$ serving, and $\frac{1}{4}$ serving (the minimum creditable amount).

SFAs must know the grain item's serving weight (groups A-G) or volume (groups H and I) to use this chart. Grains/breads servings are calculated by dividing the *grain item's serving weight/volume* by the *required weight/volume for 1 serving* of the applicable grain group.

- The serving weight/volume for commercial products is listed on the Nutrition Facts label or product formulation statement (PFS).
- The serving weight/volume for foods made from scratch is determined from the SFA's standardized recipe. If the standardized recipe does not provide this information, SFAs must either determine the average serving weight/volume by weighing or measuring several portions (refer to the CSDE's *Yield Study Data Form for Child Nutrition Programs*) or use the creditable grains method for determining grains/breads servings (refer to the CSDE's resource, *Calculation Methods for Grains/Breads Servings for Grades K-12 in the Afterschool Snack Program*).

The steps for using the grains/breads servings chart are indicated in the CSDE's resource, *How to Use the Grains/Breads Servings Chart for Grades K-12 in the Afterschool Snack Program*. For detailed guidance on both methods for determining the grains/breads servings of commercial grain products and standardized recipes, refer to the CSDE's resource, *Calculation Methods for Grains/Breads Servings for Grades K-12 in the Afterschool Snack Program*.

When a PFS is required

The grains/breads servings chart can only be used for creditable grain foods. 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. 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 School Nutrition Programs* and *Using Product Formulation Statements in the School Nutrition Programs*.

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ASP Grains/Breads Servings Chart

This chart reflects the required quantities for nine groups (A-I) of grain foods in the USDA's *Exhibit A: Grain Requirements for Child Nutrition Programs*. Grain-based desserts in groups B-G are indicated in red.

Group A		Group B		Group C	
Foods	Oz eq	Foods	Oz eq	Foods	Oz eq
Bread-type coating	1 serving = 20 grams	Bagels	1 serving = 25 grams	Cookies, plain, including	1 serving = 31 grams
Breadsticks, hard	or 0.7 ounce	Batter-type coating	or 0.9 ounce	vanilla wafers ¹	or 1.1 ounces
Chow Mein noodles	3/4 serving = 15 grams	Biscuits	3/4 serving = 19 grams	Cornbread	3/4 serving = 23 grams
Crackers, savory, e.g., saltines and snack crackers	or 0.5 ounce	Breads, e.g., white, wheat, whole wheat, French, Italian	or 0.7 ounce	Corn muffins	or 0.8 ounce
Croutons	1/2 serving = 10 grams	Buns, hamburger and hot dog	1/2 serving = 13 grams	Croissants	1/2 serving = 16 grams
Pretzels, hard	or 0.4 ounce	Crackers, sweet, e.g., graham	or 0.5 ounce	Pancakes	or 0.6 ounce
Stuffing, dry	1/4 serving = 5 grams	crackers and animal crackers,	1/4 serving = 6 grams	Piecrust (dessert pies ¹ ,	1/4 serving = 8 grams
(weights apply to bread in stuffing)	or 0.2 ounce	all shapes ¹	or 0.2 ounce	cobblers ¹ ,	or 0.3 ounce
		Egg roll skins		fruit turnovers ¹ ,	
		English muffins		and meat or meat alternate pies)	
		Pita bread		Waffles	
		Pizza crust			
		Pretzels, soft			
		Rolls			
		Taco shells			
		Tortilla chips			
		Tortillas			

¹ Grain-based desserts are often high in fat, added sugars, and sodium. The CSDE recommends limiting grain-based desserts to no more than twice per week.

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Group D	
Foods	Oz eq
Cereal bars, breakfast bars, granola bars, plain ¹	1 serving = 50 grams or 1.8 ounces
Doughnuts, cake and yeast raised, unfrosted ¹	¾ serving = 38 grams or 1.3 ounces
Muffins, all except corn	½ serving = 25 grams or 0.9 ounce
Sweet rolls, unfrosted ¹	¼ serving = 13 grams or 0.5 ounce
Toaster pastries, unfrosted ¹	

Group E	
Foods	Oz eq
Cereal bars, breakfast bars, granola bars, with nuts, dried fruit, and/or chocolate pieces ¹	1 serving = 63 grams or 2.2 ounces
Cookies, with fillings or coverings, nuts, raisins, chocolate pieces, and/or fruit purees ¹	¾ serving = 47 grams or 1.7 ounces
Doughnuts, cake and yeast raised, frosted or glazed ¹	½ serving = 31 grams or 1.1 ounces
French toast	¼ serving = 16 grams or 0.6 ounce
Sweet rolls, frosted ¹	
Toaster pastries, frosted ¹	

Group F	
Foods	Oz eq
Cake, plain, unfrosted ¹	1 serving = 75 grams or 2.7 ounces
Coffee cake ¹	¾ serving = 56 grams or 2.0 ounces
	½ serving = 38 grams or 1.3 ounces
	¼ serving = 19 grams or 0.7 ounce

Group G	
Foods	Oz eq
Brownies, plain ¹	1 serving = 115 grams or 4 ounces
Cake, all varieties, frosted ¹	¾ serving = 86 grams or 3 ounces
	½ serving = 58 grams or 2 ounces
	¼ serving = 29 grams or 1 ounce

Group H	
Foods	Oz eq
Barley	1 serving = ½ cup cooked (or 25 grams dry)
Macaroni, all shapes	
Breakfast cereals, cooked ³	½ serving = ¼ cup cooked (or 13 grams dry)
Noodles, all varieties	
Bulgur or cracked wheat	
Pasta, all shapes	
Cereal grains, e.g., amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat	
Ravioli, noodle only	
Rice, brown or enriched white	

Group I	
Foods	Oz eq
Ready-to-eat (RTE) breakfast cereals (cold dry) ²	1 serving = ¾ cup or 1 ounce*
	½ serving = ½ cup or ½ ounce*
	⅓ serving = ¼ cup or ⅓ ounce *
	* whichever is less

¹ Grain-based desserts are often high in fat, added sugars, and sodium. The CSDE recommends limiting grain-based desserts to no more than twice per week.

² RTE breakfast cereals must be whole, enriched, or fortified. For more information, refer to the CSDE's resource, [Crediting Breakfast Cereals for Grades K-12 in the National School Lunch Program and School Breakfast Program](#).

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Resources

Afterschool Snack Program (CSDE webpage):

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

Afterschool Snack Program Handbook (CSDE):

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

Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE):

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

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

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

Crediting Breakfast Cereals for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE):

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

Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program (CSDE):

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

Crediting Grain-based Desserts for Grades K-12 in the School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Grain_Based_Desserts_grades_K-12_SNP.pdf

Crediting Whole Grains in the National School Lunch Program and School Breakfast Program (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>

Exhibit A Grains Tool to the Rescue (USDA Webinar):

<https://www.fns.usda.gov/tn/exhibit-grains-tool-rescue>

Food Buying Guide Exhibit A Grains Tool (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

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

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

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

How to Maximize the Exhibit A Grains Tool (USDA Webinar):

<https://www.fns.usda.gov/tn/how-maximize-exhibit-grains-tool>

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

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

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

Menu Planning Guide for School Meals for Grades K-12 (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

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://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Grains-Breads_Servings_Fillable_508.pdf

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks– Completed Sample (USDA):

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

Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs):

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

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

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

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 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

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For more information, refer to the “[Grains/Breads Component for Grades K-12 in the ASP](#)” section of the CSDE’s [ASP](#) webpage 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/ASP/Grains_Breads_Servings_ASP_grades_K-12.pdf.

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1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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