Crediting Whole Grains in the School Nutrition Programs

This guidance applies to the U.S. Department of Agriculture's (USDA) meal patterns for grades K-12 and preschool (ages 1-5) in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Afterschool Snack Program (ASP) of the NSLP. The Seamless Summer Option (SSO) of the NSLP follows the NSLP, SBP, and ASP meal patterns.

For information on the meal patterns for the school nutrition programs, visit the Connecticut State Department of Education's (CSDE) Meal Patterns for Grades K-12 in School Nutrition Programs webpage, Meal Patterns for Preschoolers in School Nutrition Programs webpage, and the "Meal Patterns and Crediting" section of the ASP webpage. For information on the crediting requirements, visit the CSDE's Crediting Foods in School Nutrition Programs webpage and Crediting Documentation for the Child Nutrition Programs webpage.



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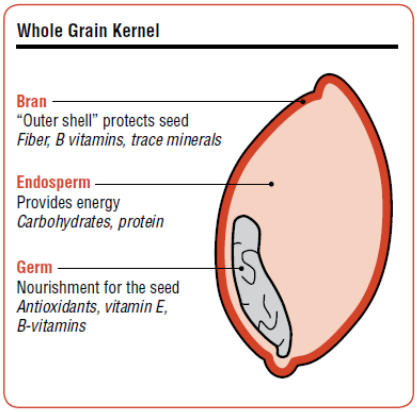
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Definition of Whole Grains

Whole grains consist of the entire cereal grain seed or kernel, after removing the inedible outer husk or hull. The kernel includes the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ.

Usually the grain kernel is cracked, crushed, flaked, or ground during the milling process. A finished grain product is considered whole grain if it contains the same relative amounts of bran, germ, and endosperm as the original grain.



Whole grains contain a wide variety of nutrients that help reduce the risk of chronic diseases. The CSDE encourages school food authorities (SFAs) to serve 100 percent whole-grain menu items most often for more nutritious meals and afterschool snacks.

Examples of whole-grain products

The ingredient statements below show some examples of 100 percent whole-grain commercial products. A food is 100 percent whole grain if all grain ingredients are whole grains.

- **Example 1:** Ingredients: *Whole-wheat flour*, sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes.

  This product is 100 percent whole grain because whole-wheat flour is the first and the only grain ingredient.

- **Example 2:** Ingredients: Water, *whole-wheat flour*, *whole oats,* sugar, wheat gluten, yeast, soybean oil, salt, calcium propionate (preservative), monoglycerides, datem and/or sodium stearoyl lactylate, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk.

  This product is 100 percent whole grain because whole-wheat flour is the first ingredient after water and the only other grain is whole oats.

Foods that are 100 percent whole grain credit as WGR foods in the school nutrition programs.

Crediting Whole Grains in the School Nutrition Programs

Overview of Whole Grain-rich (WGR) Requirement

The meal patterns for the school nutrition programs require minimum amounts of WGR foods. The WGR requirements and criteria for the meal patterns for grades K-12 are different from the preschool meal patterns. For a comparison of the grain requirements in the school nutrition programs, refer to the CSDE's resource, *Comparison of the Grains Component Requirements in the Meal Patterns for School Nutrition Programs*.

> All foods that are 100 percent whole grain are WGR, but not all WGR foods are 100 percent whole grain.

Crediting WGR grains in the meal patterns for grades K-12

At least 80 percent of the weekly grains offered at breakfast, lunch, and afterschool snack must be WGR, based on the total oz eq of all offered grains in the menu. The weekly percentage of WGR menu items must be calculated separately for breakfast, lunch, and snack. For more information, refer to the CSDE's resources, *Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12* and *Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs*.

Grains that are not WGR must be enriched. Enriched grains cannot exceed 20 percent of the grains offered in the weekly breakfast, lunch, or snack menu. Grain products that contain bran or germ as the primary grain ingredient count toward the weekly limit for enriched grains.

Crediting WGR grains in the preschool meal patterns

At least one serving of grains per day must be WGR, between all meals and afterschool snacks served to preschoolers. The USDA's *CACFP Best Practices* recommends at least two servings of WGR grains per day. Foods that are not WGR must be enriched.

For information on the WGR criteria for the preschool meal patterns, refer to the CSDE's *Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program* and USDA memo CACFP 05-2025: *Grain Requirements in the CACFP: Questions and Answers*.

Crediting Whole Grains in the School Nutrition Programs

Identifying Whole Grains in Commercial Products

A grain is 100 percent whole grain if any of the following apply:

- the word "whole" is listed before the type of grain ingredient;
- the grain ingredient is another name for whole grains;
- the grain product has a Food and Drug Administration (FDA) standard of identity;
- the grain product is listed on any state's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain foods list;
- the grain ingredient is nixtamalized corn; or
- the grain ingredient is a reconstituted whole grain.

A summary of each method to identify whole grains is below. To meet the WGR criteria of the NSLP, SBP, and ASP meal patterns for grades K-12, a commercial grain food that meets one of these criteria must also meet the limit for noncreditable grains (refer to "Crediting WGR grains in the meal patterns for grades K-12" in this document). For examples of whole-grain products and ingredients, refer to "Common whole-grain products and ingredients" in this document.

Grain name states "whole"

A grain is whole grain if the grain name contains the word "whole." For example, "whole wheat flour" and "whole-grain corn" are whole grains, but "wheat flour" and "yellow corn" are not.

Other names for whole grains

Some whole grains do not contain the word "whole" in the grain name. Examples include berries (the whole kernels of grain), e.g., wheat berries and rye berries, groats (the hulled whole kernels of grain), e.g., oat groats, rolled oats and oatmeal (including old-fashioned, quick-cooking, and instant oatmeal), brown rice and wild rice, graham flour (a coarsely ground whole-wheat flour), and many other grains such as quinoa, millet, triticale, teff, amaranth, buckwheat, and sorghum.






Food and Drug Administration (FDA) standard of identity

Some whole-wheat products have an FDA standard of identity that indicates they are whole grain. A standard of identity is a set of rules for what a certain product (like whole-wheat bread) must contain or may contain to be legally labeled with that product name.

The FDA standards of identity are available only for certain types of whole-wheat products, including whole-wheat bread, rolls, and buns (21 CFR 136.180) and whole-wheat macaroni products (21 CFR 139.138). These products include:

- whole-wheat bread, rolls, and buns;
- entire wheat bread, rolls, and buns;
- graham bread, rolls, and buns (does not include graham crackers); and
- whole-wheat spaghetti, vermicelli, macaroni, and macaroni products.

Only breads and pastas with these exact product names conform to an FDA standard of identity and meet the WGR criteria. Other grain products that are labeled as "whole wheat" but do not have an FDA standard of identity (such as crackers, tortillas, bagels, and biscuits) may or may not be 100 percent whole grain.

WIC-approved whole grain foods list

Grain products like bread, tortillas, pasta, and rice are whole grain if they are listed on any state's WIC-approved whole grain food list. WIC-listed breakfast cereals must be specifically marked as whole grain because not all breakfast cereals on a WIC-list are whole grain. The Connecticut WIC food guides are available on the Connecticut State Department of Public Health's Approved Food Guide webpage.

Nixtamalized corn ingredients

Commercial corn products such as tortilla chips, taco shells, and tamales credit as whole grains if the product is labeled "whole grain," or the corn ingredient is nixtamalized (treated with lime). Nixtamalization is the process of soaking and cooked dried corn in an alkaline (slaked lime) solution. This process results in a product with similar nutrition to whole-grain corn.

Nixtamalized corn is used to make hominy, masa harina (corn flour), corn masa (dough from masa harina), and certain types of cornmeal. Masa is used for making tortilla chips, taco shells, tamales, pupusas, and other popular corn products. Hominy, corn masa, and masa harina credit as whole grains.

Crediting Whole Grains in the School Nutrition Programs

Menu planners may use either method below to determine if commercial grain products are made with nixtamalized corn.

> To meet the WGR criteria of the NSLP, SBP, and ASP meal patterns for grades K-12, a commercial corn product that meets one of the criteria below must also meet the limit for noncreditable grains. For a detailed list of noncreditable grains, refer to the CSDE's resource, *Noncreditable Grains for the School Nutrition Programs and the Connecticut Nutrition Standards*.

1. **The corn is treated with lime:** A corn ingredient is nixtamalized if the ingredients statement indicates that the corn is treated with lime, e.g., "ground corn with trace of lime" and "ground corn treated with lime." The ingredients statements below show some examples of commercial nixtamalized corn products that credit as 100 percent whole grains.

    - Ingredients: *Corn masa flour*, water, contains 2% or less of: cellulose gum, guar gum, amylase, propionic acid, benzoic acid, and phosphoric acid (to maintain freshness).
    - Ingredients: *Whole-white corn*, vegetable oil (contains soybean, corn, cottonseed, and/or sunflower oil), salt, *lime/calcium hydroxide* (processing aid).
    - Ingredients: *Limed whole-grain white corn*, palm oil, salt, TBHQ (preservative).
    - Ingredients: *Whole-grain yellow corn*, canola oil, water, *corn flour*, salt, *hydrated lime*.

    If the ingredients statement does not provide sufficient information to determine if the corn ingredient is a creditable grain (such as "cornmeal" and "yellow corn flour"), a product formulation statement (PFS) is required. The PFS must indicate that the corn ingredient is whole grain, enriched, or nixtamalized. For information on PFS forms, refer to "Crediting Documentation for Commercial Products" in this document.

2. **The product includes the FDA-approved whole grain health claim:** A commercial product made with corn is at least 50 percent whole grain if it includes one of the two FDA-approved whole grain health claims on its packaging. These claims are not commonly found on most grain products.

    - **Low-fat claim:** "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and some cancers."

    - **Moderate-fat claim:** "Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

Crediting information for corn masa, masa harina, corn flour, and cornmeal is summarized in 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*.

Reconstituted grains

Reconstituted grains (such as "reconstituted whole-wheat flour") are made by blending the crushed and separated products of milling (bran, germ, and endosperm) from the same type of grain in the same proportions originally present in the intact grain kernel. A reconstituted grain is considered whole grain when the reconstitution is done by the original milling facility to ensure the same batch of whole grain is returned to its natural proportions. To credit a reconstituted grain as the grains component, SFAs must request documentation stating that the milling company recombined the grain components to the natural proportions of bran, germ, and endosperm.

Common whole-grain products and ingredients

The list below includes some common whole grain products and ingredients.

Barley

Dehulled barley
Dehulled-barley flour
Whole barley
Whole-barley flakes
Whole-barley flour
Whole-grain barley
Whole-grain barley flour

Brown rice

Brown rice
Brown rice flour
Sprouted brown rice

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Corn

Nixtamalized corn, e.g., hominy, corn masa (dough from masa harina), and masa harina (corn flour) (refer to "Nixtamalized corn ingredients" in this document).
Popcorn
Whole corn
Whole cornmeal
Whole-corn flour
Whole-grain corn
Whole-grain corn flour
Whole-grain cornmeal
Whole-grain grits

Oats

Instant oatmeal
Oat groats
Oatmeal
Old-fashioned oats
Quick-cooking oats
Rolled oats
Steel cut oats
Whole oats
Whole-grain oat flour
Whole-oat flour

Rye

Flaked rye
Rye berries
Rye groats
Sprouted whole rye
Whole rye
Whole-rye flakes
Whole-rye flour

Wild rice

Wild rice
Wild rice flour

Wheat

Bromated whole-wheat flour
Bulgur (cracked wheat)
Cracked wheat or crushed wheat
Entire wheat flour
Flaked wheat
Graham flour
Sprouted wheat
Sprouted wheat berries
Sprouted whole wheat
Stone-ground whole-wheat flour (**Note:** "Stone-ground" describes the process used for making the flour or meal and does not necessarily mean that the product is whole grain. Check the ingredients statement to be sure it includes the term "whole" in combination with "stone-ground.)
Toasted crushed whole wheat
Wheat berries
Wheat groats
White whole-wheat flour (**Note:** "White wheat" is not a whole grain.)
Whole bulgur
Whole-durum flour
Whole-durum wheat flour
Whole-grain bulgur
Whole-grain wheat
Whole-grain wheat flakes
Whole-grain wheat flour
Whole-wheat flakes
Whole-wheat flour
Whole-wheat pastry flour
Whole-white wheat (**Note:** "White wheat" is not a whole grain.)

Other grains

Amaranth
Amaranth flour
Buckwheat
Buckwheat flour
Buckwheat groats
Millet
Millet flour
Quinoa
Sorghum (milo)
Sorghum flour
Spelt berries
Sprouted buckwheat
Sprouted einkorn
Sprouted spelt
Teff
Teff flour
Triticale
Triticale flour
Whole einkorn
Whole einkorn berries
Whole emmer (farro)
Whole kamut (khorasan wheat)
Whole spelt
Whole-grain einkorn flour
Whole-grain spelt flour

Label Information That Does Not Indicate Whole Grain Content

Some types of label information for commercial grain products do not indicate if a food is whole grain Menu planners cannot use any of the following to determine if a commercial grain product contains whole grains: certain statements about grain content on the product's package; the Whole Grain Stamp; the product's color; or the product's fiber content. This information does not indicate if a grain product contains whole grains. A summary of each type of label information is below.

Label statements about grain content

Careful label reading is important because the packaging for grain products can be misleading. Manufacturers often use terms in their product names or labels that make a product appear to contain a significant amount of whole grain when it does not.

Common misleading terms for grains

The list below includes some common misleading terms found on product packages. Products with these terms are usually not 100 percent whole grain. They often contain refined flour (or other ingredients that are not whole grain) as the first or second ingredient.

- **Made with whole grains**
  These products must have some whole grains but may contain mostly refined flour. The amount of whole grains can vary greatly among different products.

- **Made with whole wheat**
  These products must have some whole wheat but may contain mostly refined flour. The amount of whole wheat can vary greatly among different products.

- **Contains whole grain**
  These products may contain a small amount of whole grain but usually are mostly refined grains. The amount of whole grains can vary greatly among different products.

- **100% wheat**
  All breads made from any part of the wheat kernel are 100 percent wheat, which is not the same as 100 percent whole wheat. “100% wheat” products may contain some whole-wheat flour or may contain only refined flour. Look for the terms “100% whole wheat” or “100% whole grain” to indicate that the product is made from only whole grains.

- **“Multigrain” or specifies number of grains, e.g., “seven-grain bread”**
  These products must contain more than one type of grain, which can include refined grains, whole grains, or both. Some multigrain breads may have enriched flour as the primary ingredient with multiple grains in smaller amounts, while others contain mostly whole grains.

- **Cracked wheat bread**
  While cracked wheat is a whole grain, cracked wheat bread may contain refined flour as the primary ingredient with small amounts of cracked wheat.

- **Stone-ground” flour or meal**
  “Stone-ground” describes the process used for making the flour or meal. It does not necessarily mean that the product is whole grain. Check the ingredients statement to be sure it includes the term “whole” in combination with “stone-ground.”

Whole grain stamp

The Whole Grains Council provides three stamps that manufacturers may use on product packaging to identify foods that contain whole grains. The USDA does not allow these stamps to determine if grain products meet the WGR criteria for the grains component. While these stamps indicate that a product is made with or contains 100 percent whole grains, they are not sufficient to determine if a food meets the WGR criteria because they do not indicate if all other grains in the product are enriched or if noncreditable grains meet the USDA's limit for noncreditable grains.

To determine if a product complies with the NSLP, SBP, and ASP WGR criteria, SFAs must refer to the product's ingredients statement and packaging and, if necessary, obtain a PFS from the manufacturer. For information on PFS forms, refer to "Crediting Documentation for Commercial Products" in this document.

Color

A product's color does not indicate if it contains whole grains. While whole-grain products are usually browner than products made with refined white flour, sometimes the brown color comes from caramel coloring or molasses, not from whole-grain ingredients. Read the ingredients statement or recipe to determine if the food contains any whole grains.

Fiber content

Whole grains and fiber both provide health benefits, but they are not the same. The fiber content on the Nutrition Facts label is not a good indicator of whether a commercial product contains whole grains. Grain-based foods that are good sources of fiber, such as bran cereal, may contain added fibers but few or no whole grains. The Nutrition Facts label lists total fiber, which includes naturally occurring fiber and sources added by the manufacturer, such as cellulose, inulin, and chicory root.

Required Crediting Documentation

SFAs must be able to document that all grain menu items served in reimbursable meals and afterschool snacks meet the crediting requirements for the grains component. The guidance below summarizes the required documentation for commercial grain products and grain foods made from scratch. Documentation must be based on the food yields and crediting information in the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG).

Documentation for commercial grain products

A PFS from the manufacturer is required if the product's ingredients statement and packaging do not provide sufficient information to determine if the grain product meets the crediting criteria.

> The USDA requires that SFAs must verify the PFS for accuracy prior to purchasing, serving, and claiming the grain product in reimbursable meals and afterschool snacks. For guidance on when a PFS is required and the information it must include, refer to the CSDE's resource, *When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs*.

For information on the requirements for PFS forms, refer to the CSDE's resources, *Using Product Formulation Statements in the School Nutrition Programs*. For guidance on how to review a PFS, visit the USDA's Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement webpage.

For guidance on the requirements for crediting documentation, refer to the CSDE's resource, *Accepting Processed Product Documentation in the School Nutrition Programs*, and USDA Memo SP 05-2025, CACFP 04-2025, SFSP 02-2025: *Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements*. Additional guidance is available on the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

Training on the requirements for PFS forms is available in Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products of the CSDE's training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*.

Note: SFAs may document meal pattern compliance with a Child Nutrition (CN) label if the whole grain is part of a CN-labeled meat or meat alternate product, such as pizza or breaded chicken nuggets. For more information, refer to the CSDE's resource, *Using Child Nutrition (CN) Labels in the School Nutrition Programs*.

Documentation for grain foods made from scratch

SFAs must have standardized recipes on file that document the crediting information for all grain foods made from scratch, including foods made on site by the SFA and foods prepared by vendors. Standardized recipes for grain foods credit as the grains component based on the grams of creditable grains per serving. If the standardized recipe indicates the weight of the prepared (cooked) serving, menu planners may use the required weight (groups A-G) or volume (groups H-I) for the applicable grain group in the USDA's chart, *Exhibit A: Grain Requirements for Child Nutrition Programs*, known as Exhibit A (refer to "Required Servings for Grain Products and Recipes" in this document).

For more information on standardized recipes, refer to the CSDE's *Guide to Menu Documentation for the School Nutrition Programs*, and the USDA Recipe Standardization Guide for School Nutrition Programs, and visit the "Standardized Recipes" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

Storing crediting documentation

SFAs must maintain all CN labels, PFS forms, standardized recipes, and other crediting documentation on file in accordance with the records retention requirements for the school nutrition programs. For more information, refer to the CSDE's resource, *Records Retention Requirements for the School Nutrition Programs*. This documentation must be current and will be reviewed by the CSDE during the Administrative Review of the school nutrition programs.

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Required Servings for Grain Products and Recipes

The required quantities for the grains component are indicated in ounce equivalents (oz eq). The minimum amount that credits toward the grains component is ¼ oz eq.

The amount of a whole-grain grain food that provides 1 oz eq varies because different types of foods contain different amounts of creditable grains. For example, to credit as 1 oz eq of the grains component, a whole-grain roll (group B) must weigh 28 grams (1 ounce), a whole-grain corn muffin (group C) must weigh 34 grams (1.2 ounces), and a whole-grain blueberry muffin (group D) must weigh 55 grams (2 ounces).

The USDA allows two methods for determining the oz eq of creditable grain products and standardized recipes. SFAs may use either method but must document how the crediting information was obtained. These methods are summarized below.

For detailed guidance on how to use each method, refer to the CSDE's resource, *Calculation Methods for Grain Ounce Equivalents for the Meal Patterns for School Nutrition Programs.* Training on oz eq is available in Module 15: Grain Ounce Equivalents of the CSDE's training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs.*

Method 1: USDA's Exhibit A chart

Method 1 uses the USDA's Exhibit A chart to determine the required weight (groups A-G) or volume (groups H-I) for the grain group where the food belongs. The CSDE's resource, *Grain Ounce Equivalents Chart for the School Nutrition Programs*, indicates the applicable Exhibit A quantities and requirements for the NSLP, SBP, and ASP meal patterns for grades K-12 and preschool.

This method is used for commercial grain products and may also be used for standardized recipes if the menu planner knows the weight (grams or ounces) of the prepared (cooked) serving. For more information, refer to the CSDE's resource, *How to Use the Grain Ounce Equivalents Chart for the School Nutrition Programs*.

Method 2: creditable grains

Method 2 determines the oz eq from the weight (grams) of creditable grains per serving. This method is used for standardized recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving.

> There are some situations when SFAs must use method 2 and a PFS is required. For more information, refer to the CSDE's resource, *When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs*.

To credit as 1 oz eq of the grains component, foods in groups A-G must contain 16 grams of creditable grains and foods in groups H-I must contain 28 grams of creditable grains. To credit as 1 oz eq of a WGR food, as least 50 percent of these creditable grains must be whole grains (i.e., at least 8 grams for groups A-G and at least 14 grams for groups H-I).

The grams of creditable grains are listed in the commercial product's PFS or calculated from the grain quantities in the SFA's standardized recipe. **Note:** Groups F and G are grain-based desserts and do not credit in ASP meal pattern for grades K-12 or the preschool meal patterns.

Grain crediting tools

The tools below help menu planners determine the meal pattern contribution of creditable grain products and recipes.

- **USDA's Exhibit A Grains Tool for commercial grain products:** The FBG's online *Exhibit A Grains Tool* determines the oz eq of commercial grain products.
- **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.
- **CSDE's resource for using the Exhibit A Grain Chart:** The CSDE's resource, *How to Use the Grain Ounce Equivalents Chart for the School Nutrition Programs*, reviews the steps for using the Exhibit A quantities to determine the meal pattern contribution 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).

For additional guidance, visit the "Serving Requirements" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Examples of grain foods that may cause choking include hard pretzels; pretzel chips; corn chips; breakfast cereals that contain nuts, whole-grain kernels (such as wheat berries), and hard chunks (such as granola); and crackers or breads with seeds, nut pieces, or whole-grain kernels. Consider children's age and developmental readiness when deciding what types of grain foods to offer in preschool menus and modify foods and menus as appropriate. For additional guidance, visit the "Choking Prevention" section of the CSDE's Food Safety for Child Nutrition Programs webpage.

Resources

Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/calculate_wgr_percentage_snp.pdf

Calculation Methods for Grain Ounce Equivalents in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/grain_calculation_snp.pdf

Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA webpage):
https://www.fna.usda.gov/cn/labeling/tips-evaluating-pfs

Comparison of the Grains Component Requirements in the Meal Patterns for School Nutrition Programs (CSDE):
https://portal.ct.gov/-https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison_grain_requirements_snp.pdf

Crediting Breakfast Cereals in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_cereals_snp.pdf

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Exhibit A Grains Tool of the Food Buying Guide (USDA):
https://www.fna.usda.gov/tn/fbg/webtool

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):
https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/Exhibit_A_Grain_Requirements_For_Child_Nutrition_Programs.pdf

Food Buying Guide for Child Nutrition Programs (USDA):
https://www.fna.usda.gov/tn/fbg

Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/grain_oz_eq_snp.pdf

Grains Component (CSDE's Crediting Foods in School Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/grains

Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/wgr_requirement_cacfp.pdf

Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/guide_wgr_requirement_snp_grades_k-12.pdf

How to Identify Creditable Grains for the Preschool Meal Patterns of the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/identify_creditable_grains_snp_preschool.pdf

How to Use the Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/how_to_use_ounce_equivalents_chart_snp.pdf

Instructions for the Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/worksheet_calculate_wgr_percentage_snp_grades_k-12_instructions.pdf

Noncreditable Grains for the School Nutrition Programs and the Connecticut Nutrition Standards (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable_grains_snp.pdf

Recipe Analysis Workbook (RAW) for Standardized Recipes (USDA):
https://www.fna.usda.gov/tn/fbg/webtool

Records Retention Requirements for the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/records_retention_snp.pdf

Standardized Recipes (CSDE's Crediting Documentation for the Child Nutrition Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/standardized-recipes

USDA Memo CACFP 05-2025: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:
https://www.fna.usda.gov/cacfp/grain-requirements-qas

USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:
https://www.fna.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation

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://www.fna.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs

USDA Recipe Standardization Guide for School Nutrition Programs (Institute of Child Nutrition):
https://theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs/

Using Child Nutrition (CN) Labels in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/cn_labels_snp.pdf

Using Product Formulation Statements in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/product_formulation_statements.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

What's in a Meal Module 13: Grains Component (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#module13

What's in a Meal Module 14: Whole Grain-rich (WGR) Requirement (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#module14

What's in a Meal Module 15: Grains Ounce Equivalents (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#module15

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

Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12 (CSDE): https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/worksheet_calculate_wgr_percentage_snp_grades_k-12.xlxs

Crediting Whole Grains in the School Nutrition Programs

For more information, visit the CSDE's Crediting Foods in School Nutrition Programs 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/nslp/crediting/credit_whole_grains_snp.pdf.

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2. fax: (833) 256-1665 or (202) 690-7442; or
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