

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

This guidance applies to the U.S. Department of Agriculture’s (USDA) meal patterns for grades K-12 in the Afterschool Snack Program (ASP) of the National School Lunch Program (NSLP). For information on the ASP meal pattern and crediting foods for grades K-12, visit the Connecticut State Department of Education’s (CSDE) [Afterschool Snack Program](#) webpage.



Contents

- Exhibit A: Grain Requirements for Child Nutrition Programs..... 2
 - Grain-based desserts..... 2
- Exhibit A Grains/Breads Servings Calculation Method 3
 - Commercial products 3
 - Foods made from scratch..... 3
 - Rounding rules 3
- Calculation Examples..... 4
 - Example 1: Multiple small pieces per serving..... 5
 - Table 1. Steps for determining ASP grains/breads servings of grain items with multiple small pieces per serving 5
 - Example 2: Multiple large pieces per serving..... 6
 - Table 2. Steps for determining ASP grains/breads servings of grain items with multiple large pieces per serving 6
 - Example 3: One piece per serving..... 7
 - Table 3. Steps for determining ASP grains/breads servings of grain items with one piece per serving 7
- Grain Crediting Tools 8
- Resources 8



How to Use the Grains/Breads Servings Chart for Grades K-12 in the ASP

Exhibit A: Grain Requirements for Child Nutrition Programs

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 Exhibit A quantities are not the same for all Child Nutrition Programs because the meal patterns are different. The CSDE's ASP grains/breads servings chart, *Servings for Grains/Breads for Grades K-12 in the Afterschool Snack Program*, indicates the Exhibit A servings that apply to the ASP meal pattern for grades K-12.

The Exhibit A quantities are one of the two methods for determining the grains/breads servings of a grain menu item in the ASP meal patterns for grades K-12; the other method is the creditable grains per serving. For guidance on 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*.

Grain-based desserts

Grain-based desserts are in groups C-G. They are indicated in red in the CSDE's ASP grains/breads servings chart. The CSDE recommends limiting grain-based desserts to no more than twice per week. For additional information, refer to the CSDE's *Crediting Grain-based Desserts for Grades K-12 in the School Nutrition Programs*.



How to Use the Grains/Breads Servings Chart for Grades K-12 in the ASP

Exhibit A Grains/Breads Servings Calculation Method

School food authorities (SFAs) 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

For commercial products, the serving weight or volume is determined from the serving information listed on the Nutrition Facts label or product formulation statement (PFS). The grains/breads servings chart cannot be used if the product's ingredients statement and packaging do not provide sufficient information to determine if it meets the ASP 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 School Nutrition Programs](#) and [Using Product Formulation Statements in the School Nutrition Programs](#).

Foods from scratch in groups A-G

To use the grains/breads servings chart for foods made from scratch in groups A-G, SFAs 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, SFAs must either 1) determine the average serving weight by weighing several portions (refer to the CSDE's [Yield Study Data Form for Child Nutrition Programs](#)), then use the grains/breads servings chart; or 2) 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 grains/breads servings chart cannot be used if the grain menu item's serving weight is not known.

Rounding rules

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

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

Make sure to use the appropriate rounding rule to correctly calculate the grain item's grains/breads servings contribution.

How to Use the Grains/Breads Servings Chart for Grades K-12 in the ASP

Calculation Examples

The examples below 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:

- grain items that contain multiple small pieces per serving, such as crackers, hard pretzels, and animal crackers (example 1);
- grain items that contain multiple large pieces per serving, such as pancakes, slices of bread, and waffles (example 2); and
- grain items that contain one piece per serving, such as muffins, bagels, and rolls (example 3).

The calculation steps are different for each category.

Before determining grains/breads servings, make sure the commercial grain product or standardized recipe is creditable. The grain food must be whole grain, enriched, or contain a blend of whole and enriched grains. For information on how to identify creditable grains, refer to the CSDE’s 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](#).



How to Use the Grains/Breads Servings Chart for Grades K-12 in the ASP

Example 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 per grains/breads serving by dividing the *required weight (grams) for 1 grains/breads serving* of the applicable Exhibit A grain group by the *grams per piece*. The example below (refer to table 1) shows this calculation for whole grain-rich crackers in group A. Five crackers credit as 1 grains/breads serving.



Whole grain-rich crackers (group A)

| Nutrition Facts | |
|--------------------------------|------------------|
| About 9 Servings per container | |
| Serving Size | 6 crackers (28g) |
| Amount per serving | |
| Calories | 120 |

| Group A | Minimum Serving for Group A |
|---|---|
| Bread sticks, hard | 1 serving = 20 grams or 0.7 ounce |
| Bread-type coating | $\frac{3}{4}$ serving = 15 grams or 0.5 ounce |
| Chow Mein noodles | $\frac{1}{2}$ serving = 10 grams or 0.4 ounce |
| Crackers, savory, e.g., saltines and snack crackers | $\frac{1}{4}$ serving = 5 grams or 0.2 ounce |
| Croutons | |
| Pretzels, hard | |
| Stuffing, dry Note: weights apply to bread in stuffing | |

Table 1. Steps for determining ASP grains/breads servings of grain items with multiple small pieces per serving

| | | | |
|---|----------|------|-----------------------------------|
| 1. <i>Required weight for 1 grains/breads serving:</i> List the required weight for 1 grains/breads serving for the product's group (A-G) in Exhibit A. | A | 20 | grams per 1 grains/breads serving |
| 2. <i>Grams per serving:</i> List the serving size in grams (g) from Nutrition Facts label, PFS, or standardized recipe. | B | 28 | grams per serving |
| 3. <i>Pieces per serving:</i> List the number of pieces per serving from Nutrition Facts label, PFS, or standardized recipe. | C | 6 | pieces per serving |
| 4. Calculate the <i>grams per piece</i> (divide B by C). | D | 4.66 | grams per piece |
| 5. Calculate the <i>pieces per 1 grains/breads serving</i> (divide A by D) | E | 4.29 | pieces per grains/breads servings |
| 6. Round up to next whole number. | F | 5 | pieces per grains/breads serving |

How to Use the Grains/Breads Servings Chart for Grades K-12 in the ASP

Example 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 Exhibit A grain group by the *grams per piece*. The example below (refer to table 2) shows this calculation for enriched pancakes in group C. One pancake credits as 1 grains/breads serving.



**Enriched pancakes
(group C)**

Nutrition Facts

4 Servings per container

Serving Size 3 pancakes (116g)

Amount per serving

Calories **280**

| Group C | Minimum Serving for Group C |
|---|--|
| <p>Cookies, plain, including vanilla wafers ¹</p> <p>Cornbread</p> <p>Corn muffins</p> <p>Croissants</p> <p>Pancakes</p> <p>Piecrust (dessert pies ¹, cobblers ¹, fruit turnovers ¹, and meat or meat alternate pies)</p> <p>Waffles</p> | <p>1 serving = 31 grams or 1.1 ounces</p> <p>³/₄ serving = 23 grams or 0.8 ounce</p> <p>¹/₂ serving = 16 grams or 0.6 ounce</p> <p>¹/₄ serving = 8 grams or 0.3 ounce</p> |
| <p>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.</p> | |

| Table 2. Steps for determining ASP grains/breads servings of grain items with multiple large pieces per serving | | |
|---|----------|---------------------------------------|
| 1. <i>Required weight for 1 grains/breads serving</i> : List the required grams for 1 grains/breads serving for the product’s group (A-G) in Exhibit A. | A | 31 grams per 1 grains/breads serving |
| 2. <i>Grams per serving</i> : List the serving size in grams from Nutrition Facts label, PFS, or standardized recipe. | B | 116 grams per serving |
| 3. <i>Pieces per serving</i> : List the number of pieces per serving from Nutrition Facts label, PFS, or standardized recipe. | C | 3 pieces |
| 4. Calculate the <i>grams per piece</i> (divide B by C). | D | 38.66 grams per piece |
| 5. Calculate the <i>grains/breads servings per piece</i> (divide D by A) | E | 1.24 grains/breads servings per piece |
| 6. Round down to the nearest ¹ / ₄ grains/breads serving. | F | 1 grains/breads servings per piece |

How to Use the Grains/Breads Servings Chart for Grades K-12 in the ASP

Example 3: One piece per serving

For grain items that contain one piece per serving (such as muffins, bagels, and rolls), calculate the grains/breads servings per piece by dividing the *grams per serving* by the *required weight (grams) for 1 grains/ breads serving* of the applicable Exhibit A grain group. The example below (refer to table 3) shows this calculation for a whole grain-rich blueberry muffin in group D. One muffin credits as 1 grains/breads serving.



Whole grain-rich blueberry muffin (group D)

| Nutrition Facts | |
|--------------------------|----------------|
| Serving Size | 1 muffin (57g) |
| Servings per container 6 | |
| Amount per serving | |
| Calories | 210 |

| Group D | Minimum Serving for Group D |
|--|--|
| Doughnuts, cake and yeast raised, unfrosted ¹ Cereal bars, breakfast bars, granola bars, plain ¹ Muffins, all except corn Sweet rolls, unfrosted ¹ Toaster pastries, unfrosted ¹ | 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 |
| 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. | |

| Table 3. Steps for determining ASP grains/breads servings of grain items with one piece per serving | | |
|---|----------|---------------------------------------|
| 1. <i>Required weight for 1 grains/breads serving</i> : List the required grams for 1 grains/breads serving for the product’s group (A-G) in Exhibit A. | A | 50 grams per 1 grains/breads serving |
| 2. <i>Grams per serving</i> : List the serving size in grams from Nutrition Facts label, PFS, or standardized recipe. | B | 57 grams per serving |
| 3. Calculate the <i>grains/ breads servings per piece</i> (divide B by A) | C | 1.14 grains/breads servings per piece |
| 4. Round down to the nearest ¼ grains/breads serving. | D | 1 grains/breads servings per piece |

How to Use the Grains/Breads Servings Chart for Grades K-12 in the ASP

Grain Crediting Tools

The tools below help menu planners determine the meal pattern contribution (including grains/breads servings) of creditable products and recipes.

- **USDA’s Exhibit A Grains Tool for commercial grain products:** This [online tool](#) of the USDA’s *Food Buying Guide for Child Nutrition Programs* (FBG) determines the grains/breads servings of commercial grain products. For more information, watch the USDA’s webinars, *Exhibit A Grains Tool to the Rescue* and *How to Maximize the Exhibit A Grains Tool*.
- **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.

For more information on grains/breads servings, refer to the “[Serving Size for Grains/Breads](#)” section of the CSDE’s ASP webpage.

Resources

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 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>

Food Buying Guide Exhibit A Grains Tool (USDA):

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

How to Use the Grains/Breads Servings Chart for Grades K-12 in the ASP

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

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

Grains/Breads Servings for Grades K-12 in the ASP (CSDE):

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

Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf

Product Formulation Statement for Documenting Grains in Child Nutrition Programs – Completed Sample (USDA):

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

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

<https://www.fns.usda.gov/sites/default/files/resource-files/manufacturerPFStipsheet.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

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>

How to Use the Grains/Breads Servings Chart for Grades K-12 in the ASP



CONNECTICUT STATE
DEPARTMENT OF EDUCATION

For more information, visit 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/NSLP/Crediting/How_to_Use_Grains_Breads_Servings_Chart_ASP_K-12.pdf.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems; gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State Department of Education’s nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email louis.todisco@ct.gov.