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.



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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*.

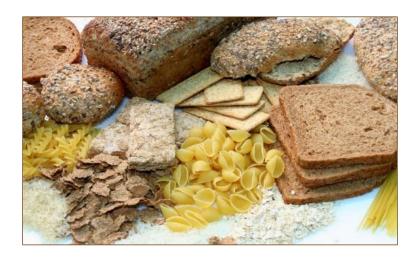


Exhibit A Grains/Breads Servings Calculation Method

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 ½ 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.

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*.

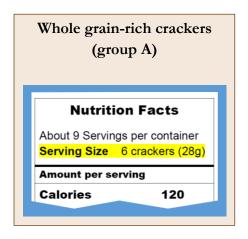


Example 1: Multiple small pieces per serving

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.



Group A	Minimum Serving 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 Note: weights apply to bread in stuffing	1 serving = 20 grams or 0.7 ounce 3/4 serving = 15 grams or 0.5 ounce 1/2 serving = 10 grams or 0.4 ounce 1/4 serving = 5 grams or 0.2 ounce

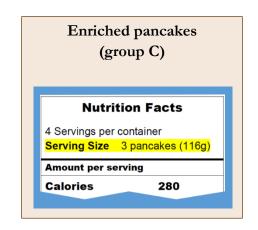
Table 1. Steps for determining ASP grains/breads servings
of grain items with multiple small pieces per serving

- 1. 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.
- 2. *Grams per serving:* List the serving size in grams (g) from Nutrition Facts label, PFS, or standardized recipe.
- 3. *Pieces per serving*: List the number of pieces per serving from Nutrition Facts label, PFS, or standardized recipe.
- 4. Calculate the *grams per piece* (divide B by C).
- 5. Calculate the *pieces per 1 grains/breads serving* (divide A by D)
- 6. Round up to next whole number.

20	grams per 1 grains/ breads serving
28	
	grams per serving
6	pieces per serving
4.66	grams per piece
4.29	pieces per grains/ breads servings
5	pieces per grains/ breads serving
	4.66

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.



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

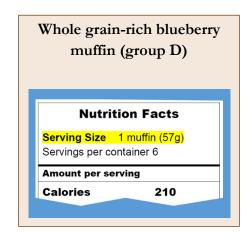
Grain-based desserts are often high in fat, added sugars, and sodium. The CSDE recommends limiting grain-based desserts to no more than twice per week.

Table 2. Steps for determining ASP grains/breads servings of grain items with multiple large pieces per serving

- 1. Required weight for 1 grains/breads serving: List the required grams for 1 grains/breads serving for the product's group (A-G) in Exhibit A.
- 2. *Grams per serving:* List the serving size in grams from Nutrition Facts label, PFS, or standardized recipe.
- 3. *Pieces per serving:* List the number of pieces per serving from Nutrition Facts label, PFS, or standardized recipe.
- 4. Calculate the *grams per piece* (divide B by C).
- 5. Calculate the *grains/breads servings per piece* (divide D by A)
- 6. Round down to the nearest ½ grains/breads serving.
- grams per 1 grains/ A 31 breads serving В 116 grams per serving \mathbf{C} 3 pieces D 38.66 grams per piece grains/breads \mathbf{E} 1.24 servings per piece grains/breads F 1 servings per piece

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.



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 3/4 serving = 38 grams or 1.3 ounces 1/2 serving = 25 grams or 0.9 ounce 1/4 serving = 13 grams or 0.5 ounce

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. Required weight for 1 grains/breads serving: List the required grams for 1 grains/breads serving for the product's group (A-G) in Exhibit A.
- 2. *Grams per serving:* List the serving size in grams from Nutrition Facts label, PFS, or standardized recipe.
- 3. Calculate the *grains/breads servings per piece* (divide B by A)
- 4. Round down to the nearest ½ grains/breads serving.
- A 50 grams per 1 grains/breads serving

 B 57 grams per serving

 C 1.14 grains/breads servings per piece

 D 1 grains/breads servings per piece

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):

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https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Grains_Breads_Calculation_ASP_grades_K-12.pdf
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Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program (CSDE):

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https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Enriched_Grains_SNP.pdf
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Crediting Grain-based Desserts for Grades K-12 in the School Nutrition Programs (CSDE):

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https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Grain_Based_Desserts_grades-K-12_SNP.pdf
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Crediting Whole Grains in the National School Lunch Program and School Breakfast Program (CSDE):

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

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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
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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.

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 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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