

WHOLE GRAIN-RICH OUNCE EQUIVALENTS (OZ EQ) REQUIREMENTS FOR SCHOOL NUTRITION PROGRAMS ^{1,2}

Effective July 1, 2013 (School Year 2013-14)

Group A	Oz Eq for Group A
<ul style="list-style-type: none"> • Bread type coating (see entry in <i>Crediting Foods Guide</i>) • Bread sticks, hard • Chow mein noodles • Crackers, saltines and snack crackers • Croutons • Pretzels, hard • Stuffing, dry <i>Note: weights apply to bread in stuffing</i> 	<p>1 oz eq = 22 grams or 0.8 ounce ¾ oz eq = 17 grams or 0.6 ounce ½ oz eq = 11 grams or 0.4 ounce ¼ oz eq = 6 grams or 0.2 ounce</p>
Group B	Oz Eq for Group B
<ul style="list-style-type: none"> • Bagels • Batter type coating (see entry in <i>Crediting Foods Guide</i>) • Biscuits • Breads, e.g., sliced whole wheat, French, Italian • Buns, hamburger and hot dog • Egg roll skins • English muffins • Pita bread, whole wheat or whole-grain rich • Pizza crust • Pretzels, soft • Rolls, whole wheat or whole-grain rich • Sweet crackers, e.g., graham crackers and animal crackers, plain • Tortillas, whole wheat or whole corn • Tortilla chips, whole wheat or whole corn • Taco shells, whole wheat or whole corn 	<p>1 oz eq = 28 grams or 1 ounce ¾ oz eq = 21 grams or 0.75 ounce ½ oz eq = 14 grams or 0.5 ounce ¼ oz eq = 7 grams or 0.25 ounce</p>
Group C	Oz Eq for Group C
<ul style="list-style-type: none"> • Cookies, plain ³ • Cornbread • Corn muffins • Crackers including filled crackers, e.g., peanut butter or cheese • Croissants • Pancakes • Pie crust (dessert pies ³, cobblers ³, fruit turnovers ⁴ and meat or meat alternate pies) • Sweet crackers, frosted, e.g., frosted animal crackers and chocolate-covered graham crackers ³ • Waffles 	<p>1 oz eq = 34 grams or 1.2 ounces ¾ oz eq = 26 grams or 0.9 ounce ½ oz eq = 17 grams or 0.6 ounce ¼ oz eq = 9 grams or 0.3 ounce</p>
Group D	Oz Eq for Group D
<ul style="list-style-type: none"> • Doughnuts, cake and yeast raised, unfrosted ⁴ • Cereal bars, breakfast bars, granola bars, plain ⁴ • Muffins, all except corn • Sweet rolls, unfrosted ⁴ • Toaster pastries, unfrosted ⁴ 	<p>1 oz eq = 55 grams or 2 ounces ¾ oz eq = 42 grams or 1.5 ounces ½ oz eq = 28 grams or 1.0 ounce ¼ oz eq = 14 grams or 0.5 ounce</p>

¹ To be considered whole grain-rich, the specified quantities of foods in Groups A-G must contain at least 16 grams of whole grain or 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour.

² Some of these grains are high in sugar, salt and/or fat. This should be a consideration when deciding how often to serve them.

³ Allowed only for dessert at lunch in the NSLP and SSFP (no more than twice per week).

⁴ Allowed only for dessert at lunch in the NSLP and SSFP (no more than twice per week) and breakfasts in the SBP and SSFP.

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Group E	Oz Eq for Group E
<ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars, with nuts, dried fruit or chocolate pieces⁴ • Cookies, with fillings or coverings, nuts, raisins, chocolate pieces or fruit purees³ • Chocolate covered grahams³ • Doughnuts, cake and yeast raised, frosted or glazed⁴ • French toast • Sweet rolls, frosted⁴ • Toaster pastries, frosted⁴ 	<p>1 oz eq = 69 grams or 2.4 ounces ¾ oz eq = 52 grams or 1.8 ounces ½ oz eq = 35 grams or 1.2 ounces ¼ oz eq = 18 grams or 0.6 ounce</p>
Group F	Oz Eq for Group F
<ul style="list-style-type: none"> • Cake, plain, unfrosted³ • Coffee cake⁴ 	<p>1 oz eq = 82 grams or 2.9 ounce ¾ oz eq = 62 grams or 2.2 ounce ½ oz eq = 41 grams or 1.5 ounce ¼ oz eq = 21 grams or 0.7 ounce</p>
Group G	Oz Eq for Group G
<ul style="list-style-type: none"> • Brownies, plain³ • Cake, all varieties, frosted³ 	<p>1 oz eq = 125 grams or 4.4 ounces ¾ oz eq = 94 grams or 3.3 ounces ½ oz eq = 63 grams or 2.2 ounces ¼ oz eq = 32 grams or 1.1 ounces</p>
Group H	Oz Eq for Group H
<ul style="list-style-type: none"> • Barley • Breakfast cereals, cooked^{5,6} • Bulgur or cracked wheat • Cereal grains⁷ • Macaroni, all shapes • Noodles, all varieties • Pasta, all shapes • Ravioli, noodle only • Rice, brown or enriched white 	<p>1 oz eq = ½ cup cooked or 1 ounce (28 grams) dry</p>
Group I	Oz Eq for Group I
<ul style="list-style-type: none"> • Ready-to-eat breakfast cereals (cold dry)^{5,6} • Rice cakes 	<p>1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = ¼ cup or 1 ounce for granola</p>

¹ To be considered whole grain-rich, the specified quantities of foods in Groups A-G must contain at least 16 grams of whole grain or 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour.

² Some of these grains are high in sugar, salt and/or fat. This should be a consideration when deciding how often to serve them.

³ Allowed only for dessert at lunch in the NSLP and SSFP (no more than twice per week).

⁴ Allowed only for dessert at lunch in the NSLP and SSFP (no more than twice per week) and breakfasts in the SBP and SSFP.

⁵ Snacks served to children ages 1-5 in the Afterschool Snack Program must follow the serving sizes in the Afterschool Snack Program Meal Pattern. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

⁷ Examples of cereal grains include amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries and rolled wheat.

For more information, see the Connecticut State Department of Education's (CSDE) Crediting Foods Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796> or contact the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457 (see <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333776>).

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