

Servings for Grains/Breads in the Summer Food Service Program

This guidance applies to meals and snacks served in the U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSP). For information on the SFSP meal patterns and the grains/breads component, visit the "[Meal Patterns](#)" section of the Connecticut State Department of Education's (CSDE) SFSP webpage and refer to the CSDE's resource, [*Requirements for the Grains/Breads Component of the Summer Food Service Program Meal Patterns*](#). For information on the crediting requirements, visit the CSDE's [Crediting Foods in the Summer Food Service Program](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage.



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Overview of Grains/Breads Servings Chart

The USDA's [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 "[Grains/Breads Servings Chart](#)" in this document indicates the Exhibit A quantities and requirements for the SFSP meal patterns.

- 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. Grain-based desserts require certain crediting restrictions (refer to "[Restrictions for Grain-based Desserts](#)" in this document).
- 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 rich (WGR) or enriched. For guidance on the grain crediting requirements and how to identify WGR and enriched grains, refer to the CSDE's resources, [Crediting Whole Grains in the Summer Food Service Program](#) and [Crediting Enriched Grains in the Summer Food Service Program](#).

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- Creditable cooked and ready-to-eat (RTE) breakfast cereals include WGR, enriched, and fortified cereals. For additional guidance, refer to the CSDE's resource, [Crediting Breakfast Cereals in the Summer Food Service Program](#).

Additional resources on the grains/breads component are available in the "[Grains and Breads](#)" section of the CSDE's Crediting Foods in the Summer Food Service Program webpage.

Training on the crediting requirements for the grains/breads component is available in the CSDE's Summer Meals annual training module, [Crediting Foods in the Summer Food Service Program Meal Patterns Part 4: Grains/Breads Component](#).

Whole Grain-rich (WGR) Foods

WGR foods include products and recipes that are 100 percent whole grain or that contain a blend of whole grains (at least 50 percent) and enriched grains. While the SFSP meal pattern does not require WGR foods, the USDA encourages SFSP sponsors to serve whole-grain menu items most often for more nutritious meals and snacks.

Restrictions for Grain-based Desserts

Grain-based desserts do not credit at lunch or supper. Only certain grain-based desserts are allowed at breakfast and snack. Grain-based desserts are in groups C-G and are indicated in **red** (allowed only at snack) or **blue** (allowed at breakfast and snack).

- **Breakfast and snack:** Examples of allowable grain-based desserts for breakfast and snack include coffee cakes, cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, and fruit turnovers.
- **Snack:** Examples of grain-based desserts allowed only at snack include cookies, cakes, cupcakes, plain brownies, and piecrusts in sweet pies like apple, coconut, blueberry, and pecan.

Sweet crackers (like graham crackers and animal crackers) are grain-based desserts that may be served as the grains/breads component at any SFSP meal or snack. However, as a best practice, the USDA encourages SFSP menus to limit sweet crackers due to their higher sugar content.

For more information on grain-based desserts, refer to the CSDE's resource, [Crediting Grain-based Desserts in the Summer Food Service Program](#).

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Recommended limit for grain-based desserts

The CSDE encourages SFSP sponsors to limit grain-based desserts (including sweet crackers) to no more than twice per week. For example, if the weekly SFSP menu includes cookies at Monday's snack and granola bars at Thursday's breakfast, other grain-based desserts should not be served that week.

Using the Grains/Breads Servings Chart

The “[Grains/Breads Servings Chart](#)” in this document indicates the required weight (groups A-G) or volume (groups H and I) for each group of grain products to credit as one serving of the grains/breads component in the SFSP meal patterns. This chart also indicates the required quantities for $\frac{3}{4}$ serving, $\frac{1}{2}$ serving, and $\frac{1}{4}$ serving (the minimum creditable amount).

SFSP sponsors 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 or volume by the required weight or volume for one serving of the applicable grain group.

- The serving weight or volume for commercial products is listed on the Nutrition Facts label or product formulation statement (PFS).
- The serving weight or volume for foods made from scratch is determined from the SFSP sponsors standardized recipe. If the standardized recipe does not provide this information, the menu planner must determine the average serving weight or volume by weighing or measuring several portions (refer to the CSDE's resource, [Yield Study Data Form for the 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 in the Summer Food Service Program](#)).

The steps for using the Grains/Breads Servings Chart are indicated in the CSDE's resource, resource, [How to Use the Grains/Breads Servings Chart for the Summer Food Service 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 in the Summer Food Service Program](#).

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When a Product Formulation Statement (PFS) is Required

The grains/breads servings chart can only be used for creditable grain foods. A manufacturer's PFS is required when the ingredients statement and packaging do not provide sufficient information to determine if a commercial product meets the crediting criteria. For guidance on when a grain PFS is required and what it must include, refer to the CSDE's resource, [When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program](#).

The USDA requires that SFSP sponsors must verify PFS forms for accuracy prior to purchasing, serving, and claiming the grain product in reimbursable meals. Additional guidance on PFS forms is available in the CSDE's resource, [Using Product Formulation Statements in the Summer Food Service Program](#) and the "[Product Formulation Statements](#)" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

Storing crediting documentation

SFSP sponsors must maintain all crediting documentation on file in accordance with the records retention requirements for the SFSP (refer to the CSDE's resource, [Records Retention Requirements for the Summer Food Service Program](#)). This documentation must be current and will be reviewed by the CSDE during the Administrative Review of the SFSP.

Grains/Breads Servings Chart

The chart below includes the required quantities for nine groups (A-I) of grain foods in the USDA's [Exhibit A: Grain Requirements for Child Nutrition Programs](#).

Group A	Group A Servings
Bread-type coating	1 serving = 20 grams or 0.7 ounce
Breadsticks, hard	¾ serving = 15 grams or 0.5 ounce
Chow Mein noodles	½ serving = 10 grams or 0.4 ounce
Crackers, savory, e.g., saltines and snack crackers	¼ serving = 5 grams or 0.2 ounce
Croutons	
Pretzels, hard	
Stuffing, dry (weights apply to bread in stuffing)	

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Group B	Group B Servings
<p>Bagels</p> <p>Batter-type coating</p> <p>Biscuits</p> <p>Breads, e.g., white, wheat, whole wheat, French, Italian</p> <p>Buns, hamburger and hot dog</p> <p>Crackers, sweet, e.g., graham crackers and animal crackers, all shapes</p> <p>Egg roll skins</p> <p>English muffins</p> <p>Pita bread</p> <p>Pizza crust</p> <p>Pretzels, soft</p> <p>Rolls</p> <p>Taco shells</p> <p>Tortilla chips</p> <p>Tortillas</p>	<p>1 serving = 25 grams or 0.9 ounce</p> <p>¾ serving = 19 grams or 0.7 ounce</p> <p>½ serving = 13 grams or 0.5 ounce</p> <p>¼ serving = 6 grams or 0.2 ounce</p>

Group C	Group C Servings
<p>Cookies, plain, including vanilla wafers ¹</p> <p>Cornbread</p> <p>Corn muffins</p> <p>Croissants</p> <p>Pancakes¹</p> <p>Piecrust (dessert pies ¹, cobblers ¹, fruit turnovers ², and meat or meat alternate pies)</p> <p>Waffles</p>	<p>1 serving = 31 grams or 1.1 ounces</p> <p>¾ serving = 23 grams or 0.8 ounce</p> <p>½ serving = 16 grams or 0.6 ounce</p> <p>¼ serving = 8 grams or 0.3 ounce</p>

¹ Allowed only at snack (refer to “[Grain-based Desserts](#)” in this document).

² Allowed at breakfast and snack (refer to “[Grain-based Desserts](#)” in this document).

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Group D	Group D Servings
Cereal bars, breakfast bars, granola bars, plain ² Doughnuts, cake and yeast raised, unfrosted ² Muffins, all except corn Sweet rolls, unfrosted ² Toaster pastries, unfrosted ²	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

Group E	Group E Servings
Cereal bars, breakfast bars, granola bars, with nuts, dried fruit, and/or chocolate pieces ² Cookies, with fillings or coverings, nuts, raisins, chocolate pieces, and/or fruit purees ¹ Doughnuts, cake and yeast raised, frosted or glazed ² French toast Sweet rolls, frosted ² Toaster pastries, frosted ²	1 serving = 63 grams or 2.2 ounces ¾ serving = 47 grams or 1.7 ounces ½ serving = 31 grams or 1.1 ounces ¼ serving = 16 grams or 0.6 ounce

Group F	Group F Servings
Cake, plain, unfrosted ¹ Coffee cake ²	1 serving = 75 grams or 2.7 ounces ¾ serving = 56 grams or 3.0 ounces ½ serving = 38 grams or 1.3 ounces ¼ serving = 19 grams or 0.7 ounce

¹ Allowed only at snack (refer to “[Grain-based Desserts](#)” in this document).

² Allowed at breakfast and snack (refer to “[Grain-based Desserts](#)” in this document).

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Group G	Group G Servings
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	Group H Servings
Barley	1 serving = $\frac{1}{2}$ cup cooked (or 25 grams dry)
Breakfast cereals, cooked ³	½ serving = $\frac{1}{4}$ cup cooked (or 13 grams dry)
Bulgur or cracked wheat	
Cereal grains, e.g., amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat	
Macaroni, all shapes	
Noodles, all varieties	
Pasta, all shapes	
Ravioli, noodle only	
Rice, brown or enriched white	

Group I	Group I Servings
Ready-to-eat (RTE) breakfast cereals (cold dry) (Must be WGR, enriched, or fortified) ³	1 serving = $\frac{3}{4}$ cup or 1 ounce * ½ serving = $\frac{1}{3}$ cup or $\frac{1}{2}$ ounce * ¼ serving = $\frac{1}{4}$ cup or $\frac{1}{3}$ ounce * * whichever is less

¹ Allowed only at snack (refer to “[Grain-based Desserts](#)” in this document).

² Allowed at breakfast and snack (refer to “[Grain-based Desserts](#)” in this document).

³ For information on crediting cooked and RTE breakfast cereals, refer to the CSDE’s resource, [Crediting Breakfast Cereals in the Summer Food Service Program](#).

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Resources

[Accepting Processed Product Documentation in the Summer Food Service Program](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfspaccepting_processed_product_documentation_sfsp.pdf

[Calculation Methods for Grains/Breads Servings in the Summer Food Service Program](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/grain_calculation_sfsp.pdf

[Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement](#)

(USDA webpage):

<https://www.fns.usda.gov/cn/labeling/tips-evaluating-pfs>

[Crediting Breakfast Cereals in the School Nutrition Programs](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/credit_cereals_snp.pdf

[Crediting Breakfast Cereals in the Summer Food Service Program](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit_cereals_sfsp.pdf

[Crediting Documentation for the Child Nutrition Programs](#) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

[Crediting Enriched Grains in the Summer Food Service Program](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit_enriched_grains_sfsp.pdf

[Crediting Grain-based Desserts in the Summer Food Service Program](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit_grain_based_desserts_sfsp.pdf

[Crediting Grains in the Child Nutrition Programs Tip Sheets: Part 1: Creditable Grains in Child Nutrition Programs; Part 2: Identifying Grain Products that are Whole Grain-Rich; and Part 3: Program Requirements](#) (USDA):

<https://www.fns.usda.gov/tn/crediting-grains>

[Crediting Whole Grains in the Summer Food Service Program](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit_whole_grains_sfsp.pdf

[Exhibit A Grains Tool of the Food Buying Guide](#) (USDA):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

[Exhibit A: Grain Requirements for Child Nutrition Programs](#) (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

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Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Grains and Breads Component (CSDE's Crediting Foods in the Summer Food Service Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program/grains-and-breads>

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 the Summer Food Service Program (CSDE):

https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/sfsp/mealpattern/credit-how_to_use_grains_breads_servings_chart_sfsp.pdf

Product Formulation Statements (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/product-formulation-statements>

Recipe Analysis Workbook (RAW) for Standardized Recipes (USDA):

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

Records Retention Requirements for the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/records_retention_snp.pdf

Requirements for the Grains/Breads Component of the Summer Food Service Program Meal Patterns (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/credittingsfsp/component_grains_breads_sfsp.pdf

Summer Meals Annual Training Module: Crediting Foods in the SFSP Meal Patterns Part 4:

Grains/Breads Component ("Annual Training" section of CSDE's SFSP webpage)

[#CreditingFoods](https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training)

USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:

<https://www.fns.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation>

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[USDA Memo SP 23-2019, CACFP 10-2019, and SFSP 09-2019: Crediting Popcorn in the Child](#)

[Nutrition Programs:](#)

<https://www.fns.usda.gov/cn/crediting-popcorn-child-nutrition-programs>

[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.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

[Using Child Nutrition \(CN\) Labels in the Summer Food Service Program \(CDSE\):](#)

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/cn_labels_sfsp.pdf

[Using Product Formulation Statements in the Summer Food Service Program \(CSDE\):](#)

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/product_formulation_statements_sfsp.pdf

[When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program \(CSDE\):](#)

https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/sfsp/mealpattern/when_commercial_grain_products_require_pfs_sfsp.pdf

For more information, visit the CSDE's [Crediting Foods in the Summer Food Service Program](#) webpage or contact the [Summer Meals 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/sfsp/mealpattern/servings_grains_breads_sfsp.pdf.



Servings for Grains/Breads in the Summer Food Service Program

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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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