

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 additional guidance on the SFSP meal pattern and crediting requirements for the grains/breads component, refer to the CSDE’s resource, [Requirements for the Grains/Breads Component of the Summer Food Service Program Meal Patterns](#), and visit the “Meal Patterns for the SFSP” and “Grains/Breads Component for the SFSP” sections of the CSDE’s SFSP webpage.



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Overview of Grains/Breads Servings Chart

The U.S. Department of Agriculture's (USDA) [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 chart in this document lists the Exhibit A servings that apply to creditable grain foods in the SFSP meal patterns.

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 or enriched, or contain a blend of whole and enriched grains. For guidance on the grains/breads crediting requirements and how to identify whole and enriched grains, refer to the Connecticut State Department of Education's (CSDE) resources, [Crediting Whole Grains in the](#)

[Summer Food Service Program](#) and [Crediting Enriched Grains in the Summer Food Service Program](#).

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

Additional guidance on the grains/breads component is available in the "[Grains/Breads Component for the SFSP](#)" section of the CSDE's [Summer Food Service Program \(SFSP\)](#) webpage.

Whole Grain-rich (WGR) Foods

WGR foods include 100 percent whole grains and foods that contain a blend of whole (at least 50 percent) and enriched grains. The SFSP meal patterns do not have a WGR requirement. The CSDE encourages SFSP sponsors to include WGR foods in SFSP menus.

Grain-based Desserts

Grain-based desserts are in groups C-G and are indicated in blue or red. Grain-based desserts cannot credit at lunch or supper. Only certain grain-based desserts are allowed at snack and breakfast. Sweet crackers (such as animal crackers and graham crackers) credit at all meals and snacks.

- **Breakfast and snack:** Grain-based desserts in blue (footnote 2) are allowed at breakfast and snack. Examples include coffee cakes, cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, and fruit turnovers.

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- **Snack only:** Grain-based desserts in red (footnote 3) are only allowed at snack. Examples include cookies, cakes, cupcakes, plain brownies, and piecrusts in sweet pies like apple, coconut, blueberry, and pecan.

Grain-based desserts often contain more fat and added sugars than traditional grains. The CSDE recommends limiting the total servings of all grain-based desserts (including animal/graham crackers) to no more than twice per week, between all SFSP meals and snacks served to children.

Using the Grains/Breads Servings Chart

The grains/breads servings chart in this document (refer to pages 4-5) indicates the required weight (groups A-G) or volume (groups H and I) for each group of grain products. The 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/volume by the required weight/volume for 1 serving of the applicable grain group.

- The serving weight/volume for commercial products is listed on the Nutrition Facts label or product formulation statement (PFS).
- The serving weight/volume for foods made from scratch is determined from the SFSP sponsor's recipe. If the recipe does not provide this information, SFSP sponsors must either determine the average serving weight/volume by weighing or

measuring several portions (refer to the CSDE's [Yield Study Data Form for 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, [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](#).

When a Product Formulation Statement (PFS) is Required

The grains/breads servings chart can be used only for creditable grain foods. A manufacturer's PFS is required when a commercial product's ingredients statement and packaging do not provide sufficient information to determine if it meets the crediting criteria. 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 Summer Food Service Program](#).

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Grains/Breads Servings Chart

This chart reflects the required quantities for nine groups (A-I) of grain foods in the USDA's [Exhibit A: Grain Requirements for Child Nutrition Programs](#). Grain-based desserts in groups B-G are indicated in red or blue. Grain-based desserts in **red** (footnote 2) are allowed only at snack. Grain-based desserts in **blue** (footnote 3) are allowed at breakfast and snack. Grain-based desserts do not credit at lunch or supper.

Group A	Group A Servings	Group B	Group B Servings	Group C	Group C Servings
Bread-type coating	1 serving = 20 grams or 0.7 ounce	Bagels	1 serving = 25 grams or 0.9 ounce	Cookies, plain, including vanilla wafers ²	1 serving = 31 grams or 1.1 ounces
Breadsticks, hard		Batter-type coating			
Chow Mein noodles	¾ serving = 15 grams or 0.5 ounce	Biscuits	¾ serving = 19 grams or 0.7 ounce	Cornbread	¾ serving = 23 grams or 0.8 ounce
Crackers, savory, e.g., saltines and snack crackers	½ serving = 10 grams or 0.4 ounce	Breads, e.g., white, wheat, whole wheat, French, Italian	½ serving = 13 grams or 0.5 ounce	Corn muffins	½ serving = 16 grams or 0.6 ounce
Croutons		Buns, hamburger and hot dog		Croissants	
Pretzels, hard	¼ serving = 5 grams or 0.2 ounce	Crackers, sweet, e.g., graham crackers and animal crackers, all shapes ¹	¼ serving = 6 grams or 0.2 ounce	Pancakes	¼ serving = 8 grams or 0.3 ounce
Stuffing, dry (weights apply to bread in stuffing)		Egg roll skins		Piecrust (dessert pies ², cobblers ², fruit turnovers ³, and meat or meat alternate pies)	
		English muffins		Waffles	
		Pita bread			
		Pizza crust			
		Pretzels, soft			
		Rolls			
		Taco shells			
		Tortilla chips			
		Tortillas			

¹ Sweet crackers (such as animal crackers and graham crackers) are allowed at all meals and snacks.

² These grain-based desserts are allowed only at snack. The CSDE recommends not serving grain-based desserts more than twice per week.

³ These grain-based desserts are allowed at breakfast and snack. The CSDE recommends not serving grain-based desserts more than twice per week.

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Group D	Group D Servings	Group E	Group E Servings	Group F	Group F Servings
<p>Cereal bars, breakfast bars, granola bars, plain ²</p> <p>Doughnuts, cake and yeast raised, unfrosted ²</p> <p>Muffins, all except corn</p> <p>Sweet rolls, unfrosted ²</p> <p>Toaster pastries, unfrosted ²</p>	<p>1 serving = 50 grams or 1.8 ounces</p> <p>¾ serving = 38 grams or 1.3 ounces</p> <p>½ serving = 25 grams or 0.9 ounce</p> <p>¼ serving = 13 grams or 0.5 ounce</p>	<p>Cereal bars, breakfast bars, granola bars, with nuts, dried fruit, and/or chocolate pieces ³</p> <p>Cookies, with fillings or coverings, nuts, raisins, chocolate pieces, and/or fruit purees ²</p> <p>Doughnuts, cake and yeast raised, frosted or glazed ³</p> <p>French toast</p> <p>Sweet rolls, frosted ³</p> <p>Toaster pastries, frosted ³</p>	<p>1 serving = 63 grams or 2.2 ounces</p> <p>¾ serving = 47 grams or 1.7 ounces</p> <p>½ serving = 31 grams or 1.1 ounces</p> <p>¼ serving = 16 grams or 0.6 ounce</p>	<p>Cake, plain, unfrosted ²</p> <p>Coffee cake ³</p>	<p>1 serving = 75 grams or 2.7 ounces</p> <p>¾ serving = 56 grams or 3.0 ounces</p> <p>½ serving = 38 grams or 1.3 ounces</p> <p>¼ serving = 19 grams or 0.7 ounce</p>
Group G	Group G Servings	Group H	Group H Servings	Group I	Group I Servings
<p>Brownies, plain ²</p> <p>Cake, all varieties, frosted ²</p>	<p>1 serving = 115 grams or 4 ounces</p> <p>¾ serving = 86 grams or 3 ounces</p> <p>½ serving = 58 grams or 2 ounces</p> <p>¼ serving = 29 grams or 1 ounce</p>	<p>Barley</p> <p>Breakfast cereals, cooked ³</p> <p>Bulgur or cracked wheat</p> <p>Cereal grains, e.g., amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat</p> <p>Macaroni, all shapes</p> <p>Noodles, all varieties</p> <p>Pasta, all shapes</p> <p>Ravioli, noodle only</p> <p>Rice, brown or enriched white</p>	<p>1 serving = ½ cup cooked (or 25 grams dry)</p> <p>½ serving = ¼ cup cooked (or 13 grams dry)</p>	<p>Ready-to-eat (RTE) breakfast cereals (cold dry) ⁴</p>	<p>1 serving = ¾ cup or 1 ounce*</p> <p>½ serving = ½ cup or ½ ounce*</p> <p>⅓ serving = ¼ cup or ⅓ ounce *</p> <p>* whichever is less</p>

¹ Sweet crackers (such as animal crackers and graham crackers) are allowed at all meals and snacks.

² These grain-based desserts are allowed only at snack. The CSDE recommends not serving grain-based desserts more than twice per week.

³ These grain-based desserts are allowed at breakfast and snack. The CSDE recommends not serving grain-based desserts more than twice per week.

⁴ RTE breakfast cereals must be whole, enriched, or fortified. For more information, refer to the CSDE's resource, [Crediting Breakfast Cereals in the Summer Food Service Program](#). Breakfast cereals may be served at any meal or snack.

Servings for Grains/Breads in the Summer Food Service Program

Resources

Calculation Methods for Grains/Breads Servings in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/grain_calculation_sfsp.pdf

Crediting Breakfast Cereals in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/credit_cereals_sfsp.pdf

Crediting Enriched Grains in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/credit_enriched_grains_sfsp.pdf

Crediting Whole Grains in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/credit_whole_grains_sfsp.pdf

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

Food Buying Guide Section 4: Overview of Crediting Requirements for the Grains Component (USDA):
https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section4_Grains.pdf

Food Buying Guide Section 4: Yield Table for Grains (USDA):
https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section4_GrainsYieldTable.pdf

Food Buying Guide Exhibit A Grains Tool (USDA):
<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

Grains/Breads Component for the SFSP (CSDE webpage):
<https://portal.ct.gov/sde/nutrition/summer-food-service-program/documents#GrainsBreads>

How to Use the Grains/Breads Servings Chart for the SFSP (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/how_to_use_grains_breads_servings_chart_sfsp.pdf

Meal Patterns for the SFSP (“How To” Section of CSDE’s SFSP webpage):
<https://portal.ct.gov/sde/nutrition/summer-food-service-program/how-to#MealPatterns>

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):
https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Document_Grains_Breads_Servings.pdf

Requirements for the Grains/Breads Component of the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/component_grains_breads_sfsp.pdf

Servings for Grains/Breads in the Summer Food Service Program

Resources for the Summer Food Service Program Meal Patterns

(CSDE):

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

Tips for Evaluating a Manufacturer's Product Formulation Statement

(USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

Using Product Formulation Statements in the Summer Food Service Program (CSDE):

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

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For more information, visit the “[Grains/Breads Component for the SFSP](#)” section of the CSDE’s [SFSP](#) 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/sde/nutrition/-/media/sde/nutrition/sfsp/mealpattern/servings_grains_breads_sfsp.pdf.

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