


National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12

Module 12: Whole Grain-rich (WGR) Requirement



Connecticut State Department of Education
Bureau of Child Nutrition Programs

School Year 2024-25

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1

What's in a Meal Training Modules

- 1: Introduction to Training
- 2: Introduction to School Meal Patterns
- 3: National School Lunch Program (NSLP) Meal Pattern
- 4: School Breakfast Program (SBP) Meal Pattern
- 5: Dietary Specifications
- 6: Meal Pattern Documentation
 - Part A – School Menus
 - Part B – Crediting Commercial Processed Products
- 7: Milk Component
- 8: Meats/Meat Alternates Component
- 9: Fruits Component
- 10: Vegetables Component
- 11: Grains Component
- 12: Whole Grain-rich (WGR) Requirement
- 13: Grain Ounce Equivalents
- 14: Water Availability During Meal Service
- 15: Offer versus serve (OVS) in the NSLP
- 16: Offer versus serve (OVS) in the SBP

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

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2



Topics

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3

Module 12 Topics

- Weekly WGR requirement
- WGR criteria
 - Commercial grain products
 - Ready-to-eat (RTE) breakfast cereals
 - Combination foods with grain portion
 - Grain foods made from scratch
- How to identify WGR foods
- Crediting documentation
 - When product formulation statement (PFS) required
- Resources



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4




Key Messages

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5

Key Messages About WGR Requirement

- ≥ 80% of weekly grains must be WGR
- WGR criteria
 - ≥ 50% whole grains
 - Limit for noncreditable grains
- Documentation required



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6




Weekly WGR Requirement

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7

WGR Requirement

- $\geq 80\%$ of weekly grains must be WGR
- Grains that are not WGR must be enriched ($\leq 20\%$)
 - Enriched grains = thiamin, riboflavin, niacin, folic acid, and iron




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8

Calculation of WGR Foods in Weekly Menus

- Separate for lunch and breakfast
- Based on total ounce equivalents (oz eq) of all grain items offered during week




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9


More Information About Oz Eq

- Module 13: Grain Ounce Equivalents



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Steps to Determine WGR Percentage

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Determining WGR Percentage

1. Determine total oz eq of all offered grain items (WGR and enriched)
2. Determine total oz eq of all offered WGR items
3. Divide total oz eq WGR by total oz eq of all grains and multiply by 100



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12

Sample WGR Percentage Calculation: 5-day Lunch Menu

1. Divide total oz eq WGR by total oz eq of all grains

• $18 \div 21 = 0.857$

2. Multiply by 100

• $0.857 \times 100 = 85.7\%$


Day	WGR Oz Eq	Total Oz Eq
1	4	5
2	3	4
3	4	4
4	4	5
5	3	3
Total	18	21

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19

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Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the National School Lunch Program and School Breakfast Program




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

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20

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Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in School Lunch and Breakfast Menus for Grades K-12



https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/worksheet_calculate_wgr_percentage_snp_grades_k-12_instructions.pdf

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21

Menu Planning for WGR Requirement

- Consider all daily meal choices, including alternate meal choices
- Cannot offer daily alternate meal choice with enriched grain




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22

Example of Alternate Daily High School Lunch Menu with Enriched Grain

- Chef's Salad
3 cups vegetables and 3 oz eq turkey, cheese, and egg
- Fresh fruit, 1 cup
- Enriched crackers, 2 oz eq
- Low-fat or fat-free milk, 1 cup




Not allowed as daily lunch choice (exceeds 20%)

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23

Example of Alternate Daily High School Lunch Menu with Enriched Grain

- Chef's Salad
3 cups vegetables and 3 oz eq turkey, cheese, and egg
- Fresh fruit, 1 cup
- Enriched crackers, 2 oz eq
- Low-fat or fat-free milk, 1 cup




Options to Meet WGR Requirement

- 2 oz eq WGR item each day
- 2 oz eq WGR for 4 days and 2 oz eq enriched for 1 day

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24



WGR Criteria

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USDA's Exhibit A: Grain Requirements for Child Nutrition Programs

- 9 grain groups (A-I)
- Different WGR criteria
 - Groups A-G: baked goods
 - Group H: cereal grains
 - Group I: ready-to-eat (RTE) breakfast cereals

Grain Group	Minimum Requirement	Maximum Requirement
Group A: Baked Goods	1 ounce equivalent	1 ounce equivalent
Group B: Baked Goods	1 ounce equivalent	1 ounce equivalent
Group C: Baked Goods	1 ounce equivalent	1 ounce equivalent
Group D: Baked Goods	1 ounce equivalent	1 ounce equivalent
Group E: Baked Goods	1 ounce equivalent	1 ounce equivalent
Group F: Baked Goods	1 ounce equivalent	1 ounce equivalent
Group G: Baked Goods	1 ounce equivalent	1 ounce equivalent
Group H: Cereal Grains	1 ounce equivalent	1 ounce equivalent
Group I: RTE Breakfast Cereals	1 ounce equivalent	1 ounce equivalent


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

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26

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Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12




https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/grain_oz_eq_snp_grades_k-12.pdf

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27


Reviewing the Different WGR Criteria

- Commercial Products
 - Baked goods (groups A-G)
 - Cereal grains (group H)
 - RTE breakfast cereals (group I)
 - Combination foods with grain portion from groups A-I
- Grain foods made from scratch



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28



WGR Criteria for Commercial Grain Products in Groups A-G (Baked Goods)

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29

Examples of Foods in Groups A-G

- Breads and bread products
- Snack products, e.g., crackers, hard pretzels, tortilla chips, popcorn
- Grain-based desserts, e.g., graham crackers and animal crackers, cookies, granola bars and cereal bars, doughnuts, sweet rolls, toaster pastries, coffee cakes, and cakes



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30


Two WGR Criteria for Commercial Baked Goods in Groups A-G

1. $\geq 50\%$ whole grains

▪ 100% whole grain

▪ Blend of whole ($\geq 50\%$) and enriched grains


2. Noncreditable grains cannot exceed 3.99 grams per portion



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31

WGR Criteria for Cereal Grains (Group H)



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32

Examples of Foods in Group H

▪ Cooked breakfast cereals, e.g., oatmeal, cream of wheat, farina

▪ Bulgur (cracked wheat)

▪ Cereal grains

▪ Pasta

▪ Rice




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33

Two WGR Criteria for Cereal Grains (Group H)

1. $\geq 50\%$ whole grains

2. Noncreditable grains cannot exceed 6.99 grams per portion



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34

WGR Criteria for RTE Breakfast Cereals (Group I)



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Examples of RTE Cereals (Group I)

▪ Round cereals

▪ Puffed cereals

▪ Flaked cereals

▪ Granola



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Two WGR Criteria for RTE Breakfast Cereals (Group I)

- Different from cooked breakfast cereals in group H




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Two WGR Criteria for RTE Breakfast Cereals (Group I)

- First ingredient is whole grain and cereal is fortified
 - Fortification not required if 100% whole grain
- Noncreditable grains cannot exceed 6.99 grams per portion



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38

Example of Fortified WGR Cereal

Ingredients: Whole-grain wheat, raisins, wheat bran, sugar, brown sugar syrup, contains 2% or less of salt, malt flavor.

Vitamins and Minerals: Potassium chloride, niacinamide, reduced iron, vitamin B6 (pyridoxine hydrochloride), zinc oxide, vitamin B2 (riboflavin), vitamin B1 (thiaminhydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B12




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39

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Crediting Breakfast Cereals in the Meal Patterns for Grades K-12 in the School Nutrition Programs



https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/credit_cereals_snp_grades_k-12.pdf

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40



WGR Criteria for Commercial Combination Foods with Grain Portion

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Combination Foods

Contain more than one of the five meal components

- Meats/meat alternates (MMA)
- Grains
- Vegetables
- Fruits
- Fruits

Terms to Know

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42

WGR Criteria for Commercial Combination Foods with Grain Portion

- Same as groups A-I but apply only to **grain portion**




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43

Commercial Combination Foods with Grain Portion

- ≥ 50% whole grains in grain portion
- Noncreditable grains in grain portion meet limit
 - Groups A-G: ≤ 3.99 grams
 - Groups H-I: ≤ 6.99 grams



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44



How to Determine if Commercial Grain Products are WGR

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45


Determining if Commercial Grain Product is WGR

- ✓ Criterion 1: Contains ≥ 50% whole grains
- ✓ Criterion 2: Meets limit for noncreditable grains



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46



Determining if Commercial Grain Product Meets WGR

Criterion 1: ≥ 50% Whole Grains

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47

Four Methods to Determine if ≥ 50% Whole Grain

- Minimum whole grains per oz eq
- Whole grains are primary grain ingredient by weight
- FDA whole-grain health claim
- WIC whole-grain food list

May use any method




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48

Method 1: Minimum Whole Grains per Oz Eq

- Product's packaging or manufacturer's documentation indicates that serving contains minimum grain content for 1 oz eq



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49


Method 1: Minimum Whole Grains per Oz Eq

Groups A-G (baked goods)
1 oz eq =


- ≥ 8 grams of whole grains per oz eq

Group H (cereal grains)
1 oz eq =

- Weight: 14 grams of whole grains per oz eq
- Volume: ≥ ¼ cup of whole grains per ½ cup cooked



Obtain PFS




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50

Method 2: Primary Grain Ingredient by Weight

- Whole grain is first ingredient
- OR
- Water is first ingredient and whole grain is second ingredient
- OR
- PFS indicates whole grains are greatest ingredient by weight



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51

Method 2: Primary Grain Ingredient by Weight

Example 1

Whole-wheat flour, sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, yeast, molasses

100% whole grain



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52

Method 2: Primary Grain Ingredient by Weight

Example 2

Water, whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yeast, wheat gluten

≥ 50% whole grain



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53

Method 3: Food and Drug Administration (FDA) Whole-grain Health Claim

- Packaging contains one of the two FDA whole grain health claims



<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide>


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54

Method 3: Food and Drug Administration (FDA)
Whole-grain Health Claim

Low-fat claim

Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and some cancers



<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide>


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55

Method 3: Food and Drug Administration (FDA)
Whole-grain Health Claim

Moderate-fat claim

Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease



<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide>

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56

Method 3: Food and Drug Administration (FDA)
Whole-grain Health Claim

- Health claim on package label must be identical
- Not commonly found on most grain products




<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide>

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57

Method 4: WIC Whole-grain Food List

- Breads, tortillas, pasta, rice
- Some breakfast cereals (if marked “whole grain”)




<https://portal.ct.gov/dph/wic/approved-foods>

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58

Summary of Four Methods to Determine if ≥ 50% Whole Grain

- Minimum whole grains per oz eq
- Whole grains are primary grain ingredient by weight
- Food and Drug Administration (FDA) whole-grain health claim
- WIC whole-grain food list




[Use any method](#)

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59

Determining if Commercial Grain Product Meets WGR Criterion 2: Limit for Noncreditable Grains




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60

Limit for Noncreditable Grains

- Groups A-G
≤ 3.99 grams per portion
- Groups H-I
≤ 6.99 grams per portion

Grain foods that exceed these limits do not credit




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61

Examples of Noncreditable Grain Ingredients

- Corn (not whole grain, enriched, or nixtamalized), e.g., cornmeal, corn flour, degermed corn, stone-ground corn, yellow corn flour
- Fiber, e.g., corn fiber, soluble corn fiber, oat fiber, oat hull fiber, soy fiber
- Flour (not whole grain or enriched), e.g., durum flour, malted barley flour, fermented wheat flour, rice flour, semolina flour, stone-ground corn flour, white flour, wheat flour
- Grits (not whole grain, enriched, or nixtamalized), e.g., corn grits, durum grits, barley grits
- Modified food starch, e.g., modified cornstarch, modified rice starch, modified tapioca starch, modified wheat starch
- Rice, white (not enriched)
- Soy products, e.g., soy flakes, soy fiber, soy grits
- Starch, e.g., cornstarch, cultured wheat starch, hydrolyzed starch, potato starch, rice starch, tapioca starch
- Vegetable and legume flours, e.g., chickpea flour, fava bean flour, pea flour, potato flour

This list is not all-inclusive

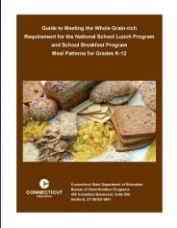


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62

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Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12



https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/wgr_requirement_snp_grades_k-12.pdf

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63

Identifying and Counting Noncreditable Grains

- Review product's ingredients statement



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64

Identifying and Counting Noncreditable Grains

- Review product's ingredients statement
- Contains noncreditable grains
 - No: meets limit




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65

Identifying and Counting Noncreditable Grains

- Review product's ingredients statement
- Contains noncreditable grains
 - No: meets limit
 - Yes: Depends on grams per serving (requires PFS)



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66

Ignoring Noncreditable Grains

- Three situations when noncreditable grains do not count toward limit
 - PFS not required




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67

Ignore Noncreditable Grains When

- Listed after statement, "contains 2% or less"



Example


Ingredients: Whole wheat flour, sugar, water, enriched flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, **contains 2% or less of: oat fiber, cornmeal, salt**

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68

Ignore Noncreditable Grains When

- Listed in a **non-grain ingredient**, e.g., dough conditioner or filling



Example


Ingredients: Whole wheat flour, sugar, corn oil, **Filling:** corn syrup, evaporated apples, cinnamon, lemon juice, **wheat flour**, salt

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69

Ignore Noncreditable Grains When

- Listed in **non-grain portion of commercial combination food**




Example

Ingredients: **Filling:** Fat-free ricotta cheese (whey, skim milk [made from nonfat dry milk powder], egg, low moisture part skim mozzarella cheese (cultured part skim milk, salt, enzymes), whey protein isolate, sodium caseinate, Romano cheese made from cow's milk (cultured milk, salt, enzymes), salt, sugar, bleached wheat flour, modified cornstarch, **Pasta:** Whole-wheat flour, enriched durum wheat flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, egg

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70



How to Determine if Commercial Combination Foods are WGR

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71

Determining if Commercial Combination Foods are WGR

Grain portion

- ☒ Criterion 1: Contains $\geq 50\%$ whole grains
- ☒ Criterion 2: Meets limit for noncreditable grains




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72

Criterion 1: Contains $\geq 50\%$ Whole Grains

- Depends on how grain ingredients are listed
- Separate grain portion
- Together with all non-grain ingredients



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73

Commercial Combination Food with Separate Grain Portion

- $\geq 50\%$ whole grain if whole grain is first ingredient in grain portion




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74

Commercial Combination Food with Separate Grain Portion

Example

Ingredients: Chicken, water, salt, and natural flavor. Breaded with: white whole-wheat flour, water, enriched flour, salt, spices



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75

Commercial Combination Food with Grain Ingredients Listed with Other Ingredients

- $\geq 50\%$ whole grain if whole grain is first grain ingredient



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76

Commercial Combination Food with Grain Ingredients Listed with Other Ingredients

Example

Ingredients: Boneless, skinless chicken breast with rib meat, water, whole-wheat flour, contains 2% or less of the following: dried garlic, dried onion, salt, salt, soybean oil, spice, sugar



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77

Criterion 2: Meets Limit for Noncreditable Grains

- Applies only to grain portion



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78

Criterion 2: Meets Limit for Noncreditable Grains

- Grain portion in groups A-G ≤ 3.99 grams
- Grain portion in groups H-I ≤ 6.99 grams

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79

Criterion 2: Meets Limit for Noncreditable Grains

- Grain portion in groups A-G ≤ 3.99 grams
- Grain portion in groups H-I ≤ 6.99 grams

PFS must document grams of noncreditable grains if not listed after "contains 2% or less"

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80

Required WGR Documentation for Commercial Grain Products and Combination Foods

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81

WGR Documentation for Commercial Products

Combination Foods

- Always required

Grain Foods

- Required if insufficient information

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82

WGR Documentation for Commercial Products

Documentation	Combination foods	Grain products
Child Nutrition (CN) label	X	
PFS	X	X

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83

More Information About CN Labels and PFS

- Module 6: Meal Pattern Documentation, Part B – Crediting Commercial Processed Products

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84

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14

CN Labels

- Identify meal pattern contribution
- Reviewed and approved by USDA
- Available for main dish entrees with $\geq \frac{1}{4}$ oz eq MMA
- Two terms for oz eq
 - oz eq grains = WGR
 - oz eq grains (enriched) = enriched

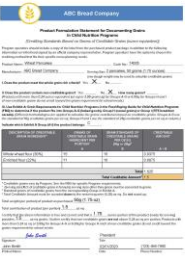


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85

PFS Forms

- Not reviewed, approved, or monitored by USDA
- Must indicate
 - weight (grams) of each creditable grain
 - combined weight of noncreditable grains
- Must be based on Food Buying Guide



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86



When a PFS is Required to Document WGR Compliance

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87

When a PFS is Required to Document WGR Compliance


- Whole grain is not first ingredient, but contains more than 1 whole grain
- Whole grain is first ingredient and contains 2 or more enriched grains
- First ingredient is flour blend of whole and enriched flour
- Contains noncreditable grains not listed in certain ways
- Combination food is not CN labeled
- Manufacturer claims serving size is less than required weight or volume in Exhibit A
- Product not listed in Exhibit A

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88

When a PFS is Required to Document WGR Compliance

- Whole grain is not first ingredient, but contains more than 1 whole grain



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89

Example of Situation 1

Ingredients: Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], whole-wheat flour, whole oats, sugar, yeast, soybean oil, salt

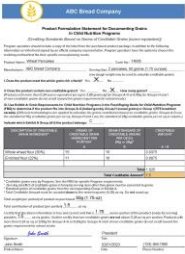


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90

When a PFS is Required to Document WGR Compliance

1. Whole grain is first ingredient and contains more than 2 enriched grains




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91

Example of Situation 2

Ingredients: Whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched corn meal (corn meal, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, folic acid), yeast, soybean oil, sugar, salt, baking soda

PFS must indicate whole wheat flour ≥ enriched grains

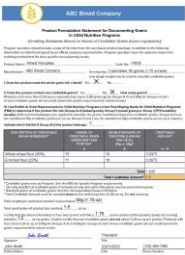


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92

When a PFS is Required to Document WGR Compliance

3. First ingredient is flour blend of whole and enriched flour



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93

Example of Situation 3

Ingredients: Flour blend (whole wheat flour, enriched flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid]), sugar, egg, oil, salt

PFS must indicate

- ≥ 8 grams whole grains per oz eq
- OR
- whole grains weigh more than first ingredient after flour blend



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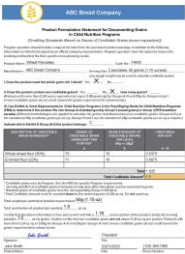
94

When a PFS is Required to Document WGR Compliance

4. Contains noncreditable grains not listed

- after “contains 2% or less”
- in non-grain ingredient
- in non-grain portion of combination food

Count toward limit




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95

Example of Situation 4

Ingredients: Whole-wheat flour, sugar, wheat starch, contains 2% or less of each of the following: honey, salt, yeast, molasses

PFS must indicate wheat starch is less than 3.99 grams





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96

When a PFS is Required to Document WGR Compliance

5. Combination food that contains grain portion and is not CN labeled

- PFS must indicate
 - grams of each creditable grain
 - combined weight of any noncredible grains




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97

When a PFS is Required to Document WGR Compliance

6. Manufacturer claims serving is less than weight or volume in Exhibit A chart




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98

Example of Situation 6

- Manufacturer claims $\frac{1}{4}$ -ounce WGR bagel credits as 1 oz eq
- Group B: 1 ounce = 1 oz eq
- PFS must indicate
 - grams of each creditable grain
 - total grams of any noncredible grains, if applicable




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99

When a PFS is Required to Document WGR Compliance

7. Product not listed in Exhibit A chart



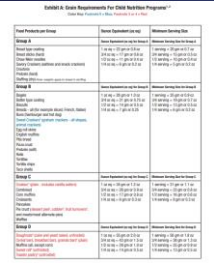
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100

When a PFS is Required to Document WGR Compliance

7. Product not listed in Exhibit A chart

- PFS must indicate
 - grams of each creditable grain
 - total grams of any noncredible grains




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101

CSDE Resource

When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs

- Examples of commercial grain products
- Steps for evaluating grain PFS



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


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102

USDA Resource

Product Formulation Statement for Documenting Grains in Child Nutrition Programs

- Template
- Completed sample




<https://www.fns.usda.gov/cn/labeling/food-manufacturersindustry>

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103

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Using Product Formulation Statements in the School Nutrition Programs




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

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104

PFS Documentation

- Verify accuracy
- Cannot accept if missing or incorrect information
 - Request supporting documentation and updated PFS
- Maintain PFS forms and crediting documentation



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105

Knowledge Check: Determining if Commercial Products are WGR




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106

Knowledge Check: Determining if Commercial Products are WGR

- Commercial grain products in groups A-H
- Decide if WGR or need PFS

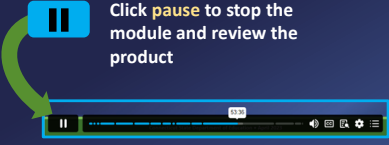


https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam_resource_module_12_whole_grain_rich_requirement.pdf

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107

Use Pause and Play Buttons



Click **pause** to stop the module and review the product

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108

Product 3: Iced Cinnamon Roll

Ingredients: Water, flour blend [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar, corn oil, nonfat dry milk, yeast, cinnamon, dough conditioner (soybean oil, vegetable glycerides, soy flakes), salt, wheat gluten and 2% or less of each of the following: icing stabilizer (calcium carbonate, sugar, agar, salt, mono and diglycerides), vanilla




II

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115

Product 3: Iced Cinnamon Roll



Ingredients: Water, flour blend [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar, corn oil, nonfat dry milk, yeast, cinnamon, dough conditioner (soybean oil, vegetable glycerides, soy flakes), salt, wheat gluten and 2% or less of each of the following: icing stabilizer (calcium carbonate, sugar, agar, salt, mono and diglycerides), vanilla

1. ≥ 50% whole grains

☐ Yes ☐ No ☒ Requires PFS

PFS must indicate

- ≥ 8 grams whole-wheat flour per oz eq OR
- whole-wheat flour > brown sugar

2. Noncreditable grains limit


☒ Yes ☐ No ☐ Requires PFS

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116

Product 4: Corn Muffin

Ingredients: Water, sugar, whole grain corn flour, whole-wheat flour, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), eggs, soybean/canola oil, modified cornstarch, milk whey, leavening (sodium acid pyrophosphate, baking soda), vital wheat gluten, sugar, nonfat milk, xanthan gum, guar gum




II

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117

Product 4: Corn Muffin



Ingredients: Water, sugar, whole grain corn flour, whole-wheat flour, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), eggs, soybean/canola oil, modified cornstarch, milk whey, leavening (sodium acid pyrophosphate, baking soda), vital wheat gluten, sugar, nonfat milk, xanthan gum, guar gum

1. ≥ 50% whole grains

☐ Yes ☐ No ☒ Requires PFS

PFS must indicate

- Whole grains ≥ sugar

2. Noncreditable grains limit

☐ Yes ☐ No ☒ Requires PFS

PFS must indicate


- Modified cornstarch ≤ 3.99 grams

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118

Product 5: Breaded Chicken Nuggets

Ingredients: Chicken, water, salt, and natural flavor. Breaded with: white whole-wheat flour, water, wheat starch, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: yellow corn flour, cornstarch, dried onion, dried garlic, dried yeast, brown sugar, paprika, spices




II

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119

Product 5: Breaded Chicken Nuggets



Ingredients: Chicken, water, salt, and natural flavor. Breaded with: white whole-wheat flour, water, wheat starch, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: yellow corn flour, cornstarch, dried onion, dried garlic, dried yeast, brown sugar, paprika, spices

1. ≥ 50% whole grains

☒ Yes ☐ No ☐ Requires PFS

2. Noncreditable grains limit

☐ Yes ☐ No ☒ Requires PFS

PFS must indicate

- Wheat starch ≤ 3.99 grams

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120

Reminder

- A PFS is required for many commercial grain products






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

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121


Review of Commercial Grain Products

- WGR criteria
- Determine if meet WGR criteria
- Required documentation



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122




WGR Criteria for Grain Foods Made from Scratch

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123


Two WGR Criteria for Grain Foods Made from Scratch

- ≥ 50% whole grains
 - 100% whole grain
 - Blend of whole (≥ 50%) and enriched grains
- Noncreditable grains cannot exceed limit
 - Groups A-G: ≤ 3.99 grams
 - Groups H-I: ≤ 6.99 grams



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124




How to Determine if Grain Foods Made from Scratch are WGR

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125

WGR Documentation for Foods Made from Scratch

- Standardized recipes required
 - Prepared on site
 - Prepared by vendors
- Must document weight of creditable and noncreditable grains



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126

Determining if Standardized Recipes are WGR

- ✔ Criterion 1: Contains ≥ 50% whole grains
- ✔ Criterion 2: Meets limit for noncreditable grains




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127

Criterion 1: ≥ 50% whole grains

- Compare weight of whole grain and enriched ingredients
- ≥ 50% whole grains if combined weight of all whole grains ≥ combined weight of all enriched grains




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128

Criterion 2: Noncreditable Grains Limit

- Review standardized recipe's ingredients
- Contains noncreditable grains
 - No: meets limit
 - Yes: Calculate grams of noncreditable grains per serving



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129

How to Calculate Grams of Noncreditable Grains per Serving

1. Add weight of all noncreditable grains




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130

How to Calculate Grams of Noncreditable Grains per Serving

1. Add weight of all noncreditable grains
2. Convert pounds/ounces to grams
 - 1 pound = 453.6 grams
 - 1 ounce = 28.35 grams
3. Divide total grams in recipe by number of servings



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131

Example 1: Oatmeal Muffins

Ingredient	Weight	Measure
Whole-wheat flour	15½ oz	3¾ cups
Bread flour, enriched	15 oz	3¾ cups
Oats, rolled, dry	14½ oz	1 qt 1½ cups
Baking soda		1 Tbsp 1 tsp
Cinnamon, ground		1 Tbsp
Salt		1 tsp
Eggs, whole	10 oz	1½ cups
Sugar	8 oz	1 cup
Vanilla extract		2 Tbsp

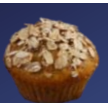
Whole grains = 30 oz

Enriched grains = 15 oz

Noncreditable grains = none

- 1: ≥ 50% whole grains
☒ Yes ☐ No
- 2: Noncreditable grains limit
☒ Yes ☐ No

WGR



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132

Example 2: Cornbread

Ingredient	Weight	Measure
Whole-wheat flour	1 lb	3 cups
White whole-grain cornmeal	1 lb	2½ cups
Sugar	6oz	1 cup
Baking powder		¼ cup
Salt		1½ tsp
Whole eggs, frozen, thawed	6 oz	¾ cup
Nonfat milk		3½ cups
Canola oil	10 oz	½ cup

Whole grains = 2 lbs

Enriched grains = none

Noncreditable grains = none

- 1: ≥ 50% whole grains
☒ Yes ☐ No
- 2: Noncreditable grains limit
☒ Yes ☐ No

WGR

133

Example 3: Banana Bread

Ingredient	Weight	Measure
Sugar	1 lb 9 oz	4 cups
Shortening	12 oz	1½ cups
Eggs	12 oz	7
Vanilla	1 Tbsp	1 Tbsp
Bananas, mashed	2 lb 11 oz	4 cups
Flour, whole-wheat	10 oz	2½ cups
Flour, enriched	1 lb	3½ cups
Baking soda		3½ tsp
Salt		1½ tsp

Whole grains = 10 oz

Enriched grains = 1 lb (16 oz)

Noncreditable grains = none

- 1: ≥ 50% whole grains
☐ Yes ☒ No
- 2: Noncreditable grains limit
☒ Yes ☐ No


Not WGR

134

USDA Webpage

Food Buying Guide for Child Nutrition Programs

- Recipe Analysis Workbook (RAW): Standardized Recipes




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


135

Review of Foods Made from Scratch

- ☒ WGR criteria
- ☒ Determine if meet WGR criteria



136




Resources for WGR Requirement

137

USDA Resource

USDA Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022



<https://www.fns.usda.gov/cn/sp052022-questions-answers-program-operators>


138

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23

CSDE Resource

Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12



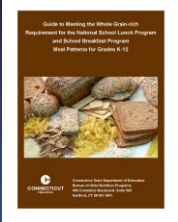
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/ grain_oz_eq_snp_grades_k-12.pdf

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139

CSDE Resource

Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12




https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/ wgr_requirement_snp_grades_k-12.pdf

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140

USDA Resource

Whole Grain Resource for the National School Lunch and School Breakfast Programs: A Guide to Meeting the Whole Grain-Rich Criteria



<https://www.fns.usda.gov/tm/whole-grain-resource>


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141

CSDE Webpage

Crediting Foods in School Nutrition Programs

- Grains section



<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/grains>


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142

CSDE Webpage

Crediting Foods in School Nutrition Programs

- Grains section
- “Whole Grain-rich Requirement”



<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/documents#WGR>


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143

CSDE Webpage

Crediting Documentation for the Child Nutrition Programs

- Child Nutrition labels
- Product formulation statements
- Nutrition information
- Accepting product documentation
- Standardized recipes
- Food Buying Guide for Child Nutrition Programs




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

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144

CSDE Resource

Resources for the School Meal Patterns for Grades K-12



https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/resources_school_meal_patterns_grades_k-12.pdf

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145



Questions?

- Contact CSDE's school nutrition programs staff

<https://portal.ct.gov/-/media/sde/nutrition/cnstaff/countassign.pdf>

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146

Thanks for participating!



<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

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147

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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:

- mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- fax: (833) 256-1665 or (202) 696-7442; or
- email: program.intake@usda.gov

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148

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149