




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

**Module 12 Worksheet:
Determining if Commercial Products are Whole Grain-rich**

To credit as a whole grain-rich (WGR) food in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) meal patterns for grades K-12, commercial grain products must meet the following criteria: 1) the product must contain at least 50 percent whole grains; and 2) noncreditable grains cannot exceed 3.99 grams per portion for foods in groups A through G or 6.99 grams per portion for foods in groups H and I. Groups A through I refer to the nine grain groups defined by the U.S. Department of Agriculture’s (USDA) *Exhibit A: Grain Requirements for Child Nutrition Programs*.

Decide if each commercial grain product below meets the WGR or if a product formulation statement (PFS) is required to determine this information. both “Yes” boxes must be checked for a product to be WGR.

| Product 1: Whole-wheat bagel (group B) | |
|---|--|
| Ingredients: Whole-wheat flour, sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, yellow corn flour, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes  | |
| WGR criteria | Meets criterion? |
| Criterion 1: contains \geq 50 percent whole grains | <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS |
| Criterion 2: meets limit for noncreditable grains | <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS |

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Product 2: Oat bread (group B)

Ingredients: Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, whole-wheat flour, whole oats, sugar, wheat gluten, yeast, soybean oil, salt, monoglycerides, datem, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk.



| WGR criteria | Meets criterion? |
|--|--|
| Criterion 1: contains \geq 50 percent whole grains | <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS |
| Criterion 2: meets limit for noncreditable grains | <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS |


Product 3: Iced cinnamon roll (group E)


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.



| WGR criteria | Meets criterion? |
|--|--|
| Criterion 1: contains \geq 50 percent whole grains | <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS |
| Criterion 2: meets limit for noncreditable grains | <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS |

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| Product 4: Corn muffin (group C) | |
|--|--|
| <p>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.</p> | |
|  | |
| WGR criteria | Meets criterion? |
| <p>Criterion 1: contains \geq50 percent whole grains</p> | <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS |
| <p>Criterion 2: meets limit for noncreditable grains</p> | <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS |

| Product 5: Breaded chicken nuggets (combination food with breading from group A) | |
|---|--|
| <p>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</p> | |
|  | |
| WGR criteria | Meets criterion? |
| <p>Criterion 1: contains \geq50 percent whole grains</p> | <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS |
| <p>Criterion 2: meets limit for noncreditable grains</p> | <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS |

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The Connecticut State Department of Education's (CSDE) *What's in a Meal* training program is a series of recorded modules that provide comprehensive guidance on complying with the meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO) of the NSLP. To access the training modules, visit the CSDE's [Meal Pattern Training for School Nutrition Programs](#).

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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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