

## Servings for Grains/Breads in the Summer Food Service Program

The U.S. Department of Agriculture's (USDA) *Exhibit A: Grain Requirements for Child Nutrition Programs*, summarizes the grain servings and ounce equivalents for nine groups (A-I) of grain foods. The chart below lists the Exhibit A grain servings that apply to the meal patterns for the Summer Food Service Program (SFSP). These amounts apply to creditable commercial grain products and creditable grain recipes that indicate the weight of the prepared (cooked) serving. For additional guidance, review the Connecticut State Department of Education's (CSDE) resources, *Crediting Whole Grains in the SFSP* and *Crediting Enriched Grains in the SFSP*, and *Calculation Methods for Grains/Breads Servings in the SFSP*.

Grain products that are high in sugar, salt and fat (such as grain-based desserts) are designated with footnote 1 (allowed only at snack) or footnote 2 (allowed only at breakfast and snack). The USDA recommends limiting grain-based desserts (such as animal crackers, graham crackers, cereal bars, granola bars, cookies, cake, and pastries) to no more than twice per week.

Group A	Minimum Serving Size for Group A
Bread-type coating Bread sticks, hard Chow mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry ( <i>weights apply to bread in stuffing</i> )	1 serving = 20 grams or 0.7 ounce ¾ serving = 15 grams or 0.5 ounce ½ serving = 10 grams or 0.4 ounce ¼ serving = 5 grams or 0.2 ounce
Group B	Minimum Serving Size for Group B
Bagels Batter-type coating 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, all shapes <sup>1</sup> Tortillas, whole wheat or whole corn Tortilla chips, whole wheat or whole corn Taco shells, whole wheat or whole corn	1 serving = 25 grams or 0.9 ounce ¾ serving = 19 grams or 0.7 ounce ½ serving = 13 grams or 0.5 ounce ¼ serving = 6 grams or 0.2 ounce

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Group C	Minimum Serving Size for Group C
Cookies, plain, including vanilla wafers <sup>1</sup> Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies <sup>1</sup> , cobblers <sup>1</sup> , fruit turnovers <sup>2</sup> , and meat or meat alternate pies) Waffles	1 serving = 31 grams or 1.1 ounces $\frac{3}{4}$ serving = 23 grams or 0.8 ounce $\frac{1}{2}$ serving = 16 grams or 0.6 ounce $\frac{1}{4}$ serving = 8 grams or 0.3 ounce
Group D	Minimum Serving Size for Group D
Cereal bars, breakfast bars, granola bars, plain <sup>2</sup> Doughnuts, cake and yeast raised, unfrosted <sup>2</sup> Muffins, all except corn Sweet rolls, unfrosted <sup>2</sup> Toaster pastries, unfrosted <sup>2</sup>	1 serving = 50 grams or 1.8 ounces $\frac{3}{4}$ serving = 38 grams or 1.3 ounces $\frac{1}{2}$ serving = 25 grams or 0.9 ounce $\frac{1}{4}$ serving = 13 grams or 0.5 ounce
Group E	Minimum Serving Size for Group E
Cereal bars, breakfast bars, granola bars, with nuts, dried fruit or chocolate pieces <sup>2</sup> Cookies, with fillings or coverings, nuts, raisins, chocolate pieces or fruit purees <sup>2</sup> Doughnuts, cake and yeast raised, frosted or glazed <sup>2</sup> French toast Sweet rolls, frosted <sup>2</sup> Toaster pastries, frosted <sup>2</sup>	1 serving = 63 grams or 2.2 ounces $\frac{3}{4}$ serving = 47 grams or 1.7 ounces $\frac{1}{2}$ serving = 31 grams or 1.1 ounces $\frac{1}{4}$ serving = 16 grams or 0.6 ounce
Group F	Minimum Serving Size for Group F
Cake, plain, unfrosted <sup>1</sup> Coffee cake <sup>2</sup>	1 serving = 75 grams or 2.7 ounces $\frac{3}{4}$ serving = 56 grams or 2.0 ounces $\frac{1}{2}$ serving = 38 grams or 1.3 ounces $\frac{1}{4}$ serving = 19 grams or 0.7 ounce
Group G	Minimum Serving Size for Group G
Brownies, plain <sup>1</sup> Cake, all varieties, frosted <sup>1</sup>	1 serving = 115 grams or 4 ounces $\frac{3}{4}$ serving = 86 grams or 3 ounces $\frac{1}{2}$ serving = 58 grams or 2 ounces $\frac{1}{4}$ serving = 29 grams or 1 ounce

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Group H	Minimum Serving Size for Group H
Barley Breakfast cereals, cooked <sup>3</sup> 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	1 serving = ½ cup cooked (or 25 grams dry) ½ serving = ¼ cup cooked (or 13 grams dry)
Group I	Minimum Serving Size for Group I
Ready-to-eat breakfast cereals (cold dry) <sup>3</sup>	1 serving = ¾ cup or 1 ounce, whichever is less ½ serving = ⅓ cup or ½ ounce, whichever is less ⅓ serving = ¼ cup or ⅓ ounce, whichever is less
<p><sup>1</sup> Allowed only for SFSP snacks. The USDA recommends not serving grain-based desserts more than twice per week.</p> <p><sup>2</sup> Allowed only for SFSP breakfast and snacks. The USDA recommends not serving grain-based desserts more than twice per week.</p> <p><sup>3</sup> Breakfast cereals (ready-to-eat (RTE) and cooked) must be whole-grain, enriched, or fortified. For more information, review the CSDE’s resource, <i>Crediting Breakfast Cereals in the SFSP</i>. Breakfast cereals may be served in meals other than breakfast.</p>	

### Resources

Administration Guide: Summer Food Service Program (USDA):

[https://fns-prod.azureedge.net/sites/default/files/sfsp/SFSP\\_Admin\\_Guide\\_Sept2016.pdf](https://fns-prod.azureedge.net/sites/default/files/sfsp/SFSP_Admin_Guide_Sept2016.pdf)

Calculation Methods for Grains/Breads Servings in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/GrainCalculationsSFSP.pdf>

Crediting Enriched Grains in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditEnrichedGrainsSFSP.pdf>

## Servings for Grains/Breads in the SFSP

Crediting Foods in the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

Crediting Whole Grains in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditWholeGrainsSFSP.pdf>

Food Buying Guide for Child Nutrition Programs (USDA):

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

Grains/Breads Component for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#GrainsBreads>

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

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/ComponentGrainsBreadsSFSP.pdf>

Meal Patterns for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns>

Menu Planning for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning>

Nutrition Guide: Summer Food Service Program (USDA):

[https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA\\_SFSP\\_NutritionGuide.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA_SFSP_NutritionGuide.pdf)

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](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Document_Grains_Breads_Servings.pdf)

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks: Completed Sample (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Samples\\_Grains\\_Breads\\_Servings.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Samples_Grains_Breads_Servings.pdf)

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

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

## Servings for Grains/Breads in the SFSP



For more information, visit the CSDE's [Crediting Foods in the SFSP](#) webpages, or contact the [Summer Meals Staff](#), Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/ServingsGrainsBreadsSFSP.pdf>.

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- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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