

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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Servings for Grains/Breads in the SFSP

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 ¼ 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.

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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.
- **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. This chart determines the grains/breads contribution of commercial grain products.

SFSP sponsors may also use the grains/breads servings chart for foods made from scratch (groups A-G) if the weight of the prepared (cooked) serving is known. If the standardized recipe does not provide this information, SFSP sponsors must either 1) determine the average serving weight by weighing several portions (refer to the CSDE's *Yield Study Data Form for Child Nutrition Programs*), then use the grains/breads servings chart; or 2) 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*).

For guidance on the steps for using the grains/breads servings chart, refer to the CSDE's resource, *How to Use the Grains/Breads Servings Chart for the Summer Food Service Program*. Detailed guidance on the two (grains/breads servings chart and creditable grains) methods for determining grains/breads servings of commercial grain products and recipes is available in 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 only be used 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*.

Servings for Grains/Breads in the SFSP

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 cannot credit as the grains/breads component at lunch or supper.

Group A		Group B		Group C	
Foods	Oz eq	Foods	Oz eq	Foods	Oz eq
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		Cornbread	¾ serving = 23 grams or 0.8 ounce
Chow Mein noodles	¾ serving = 15 grams or 0.5 ounce	Biscuits	¾ serving = 19 grams or 0.7 ounce	Corn muffins	
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	Croissants	½ serving = 16 grams or 0.6 ounce
Croutons		Buns, hamburger and hot dog		Pancakes	
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	Piecrust (dessert pies ², cobblers ², fruit turnovers ³, and meat or meat alternate pies)	¼ serving = 8 grams or 0.3 ounce
Stuffing, dry (weights apply to bread in stuffing)		Egg roll skins		Waffles	
		English muffins			
		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 Allowed only at snack. The CSDE recommends not serving grain-based desserts more than twice per week.

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

Servings for Grains/Breads in the SFSP

Group D	
Foods	Oz eq
Cereal bars, breakfast bars, granola bars, plain ²	1 serving = 50 grams or 1.8 ounces
Doughnuts, cake and yeast raised, unfrosted ²	¾ serving = 38 grams or 1.3 ounces
Muffins, all except corn	½ serving = 25 grams or 0.9 ounce
Sweet rolls, unfrosted ²	¼ serving = 13 grams or 0.5 ounce
Toaster pastries, unfrosted ²	

Group E	
Foods	Oz eq
Cereal bars, breakfast bars, granola bars, with nuts, dried fruit, and/or chocolate pieces ³	1 serving = 63 grams or 2.2 ounces
Cookies, with fillings or coverings, nuts, raisins, chocolate pieces, and/or fruit purees ²	¾ serving = 47 grams or 1.7 ounces
Doughnuts, cake and yeast raised, frosted or glazed ³	½ serving = 31 grams or 1.1 ounces
French toast	¼ serving = 16 grams or 0.6 ounce
Sweet rolls, frosted ³	
Toaster pastries, frosted ³	

Group F	
Foods	Oz eq
Cake, plain, unfrosted ²	1 serving = 75 grams or 2.7 ounces
Coffee cake ³	¾ serving = 56 grams or 3.0 ounces
	½ serving = 38 grams or 1.3 ounces
	¼ serving = 19 grams or 0.7 ounce

Group G	
Foods	Oz eq
Brownies, plain ²	1 serving = 115 grams or 4 ounces
Cake, all varieties, frosted ²	¾ serving = 86 grams or 3 ounces
	½ serving = 58 grams or 2 ounces
	¼ serving = 29 grams or 1 ounce

Group H	
Foods	Oz eq
Barley	1 serving =
Breakfast cereals, cooked ³	½ cup cooked (or 25 grams dry)
Bulgur or cracked wheat	½ serving =
Cereal grains, e.g., amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat	¼ cup cooked (or 13 grams dry)
Macaroni, all shapes	
Noodles, all varieties	
Pasta, all shapes	
Ravioli, noodle only	
Rice, brown or enriched white	

Group I	
Foods	Oz eq
Ready-to-eat (RTE) breakfast cereals (cold dry) ⁴	1 serving = ¾ cup or 1 ounce*
	½ serving = ⅓ cup or ½ ounce*
	⅓ serving = ¼ cup or ⅓ ounce *
	* whichever is less

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

³ 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 SFSP

Resources

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

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

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Cereals_SFSP.pdf

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 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: 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/SDE/Nutrition/-/media/SDE/Nutrition/SFSP/MealPattern/Credit_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>

Servings for Grains/Breads in the SFSP

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/CreditingSFSP/Component_Grains_Breads_SFSP.pdf

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/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

Servings for Grains/Breads in the SFSP



For more information, refer to 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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