

Section 3 Grains

Section 3 – Grains					
1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
BARLEY					
Barley (Group H) <i>Hulled Dry</i>	Pound	42.00	¼ cup cooked	2.4	1 lb dry = about 2 ⅓ cups dry barley
	Pound	21.20	½ cup cooked	4.8	
	Pound	14.10	¾ cup cooked	7.1	
BREAD²					
Bread (Group B) <i>Sliced Fresh</i> <i>Includes: All types Enriched White ¹, Whole Wheat and Enriched Flour Blend³, and Whole Wheat breads</i>	Pound	32.00	½ grains serving (½ slice; must weigh at least 14 g or 0.5 oz)	3.2	
	Pound	16.00	1 grains serving (1 slice; must weigh at least 28 g or 1.0 oz)	6.3	
BREAD STICKS					
Bread Sticks (Group A) <i>Includes: All types Enriched White ¹, Whole Wheat and Enriched Flour Blend³, and Whole Wheat Hard</i>	Pound	45.30	½ grains serving (about 2 sticks; must weigh at least 11 g or 0.4 oz)	2.2	
	Pound	22.60	1 grains serving (about 3 sticks; must weigh at least 22 g or 0.8 oz)	4.5	
BULGUR					
Bulgur (Group H) <i>Dry</i>	Pound	39.20	¼ cup cooked	2.6	1 lb dry = about 3 cups dry bulgur
	Pound	19.60	½ cup cooked	5.1	
	Pound	13.00	¾ cup cooked	7.7	
CEREAL GRAINS					
Cereal Grains Amaranth (Group H) <i>Dry</i>	Pound	19.60	¼ cup cooked	5.1	1 lb dry = about 2 ⅓ cups dry or 2.70 lb (about 4 ⅝ cups) cooked amaranth when prepared with 2 parts water to 1 part dry amaranth
	Pound	9.82	½ cup cooked	10.2	
	Pound	6.54	¾ cup cooked	15.3	

¹ Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

² The number of slices per purchase unit does not include the end slices.

³ Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

Food Buying Guide for School Meal Programs

Section 3 – Grains

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
CEREAL GRAINS (Continued)					
Cereal Grains Buckwheat (Group H) <i>Dry</i>	Pound	22.80	¼ cup cooked	4.4	1 lb dry = about 2 ⅓ cups dry or 3.06 lb (about 5 ⅔ cups) cooked buckwheat when prepared with 2 parts water to 1 part dry buckwheat
	Pound	11.40	½ cup cooked	8.8	
	Pound	7.61	¾ cup cooked	13.2	
Cereal Grains Cornmeal (Group H) <i>Enriched¹ Dry</i>	Pound	50.70	¼ cup cooked	2.0	1 lb dry = about 3 cups dry enriched cornmeal
	Pound	25.30	½ cup cooked	4.0	
	Pound	16.90	¾ cup cooked	6.0	
Cereal Grains Cornmeal (Group H) <i>Stone ground³ Dry</i>	Pound	57.30	¼ cup cooked	1.8	1 lb dry = about 3 ⅞ cups dry stone ground cornmeal
	Pound	28.60	½ cup cooked	3.5	
	Pound	19.10	¾ cup cooked	5.3	
Cereal Grains Corn Grits (Group H) <i>Instant, Enriched¹ Dry</i>	Pound	54.70	¼ cup cooked	1.9	1 lb dry = about 5 ¾ cups dry instant enriched corn grits
	Pound	27.40	½ cup cooked	3.7	
	Pound	18.20	¾ cup cooked	5.5	
Cereal Grains Corn Grits (Group H) <i>Quick, Enriched¹ Dry</i>	Pound	45.00	¼ cup cooked	2.3	1 lb dry = about 2 ¾ cups dry quick enriched grits
	Pound	22.40	½ cup cooked	4.5	
	Pound	15.00	¾ cup cooked	6.7	
Cereal Grains Corn Grits (Group H) <i>Regular, Enriched¹ Dry</i>	Pound	50.30	¼ cup cooked	2.0	1 lb dry = about 2 ¾ cups dry regular enriched grits
	Pound	25.10	½ cup cooked	4.0	
	Pound	16.70	¾ cup cooked	6.0	
Cereal Grains Corn Grits (Group H) <i>Whole Corn Regular Dry</i>	Pound	43.50	¼ cup cooked	2.3	1 lb dry = about 3 cups dry whole corn grits 1 lb dry = about 10 ⅞ cups cooked
	Pound	21.75	½ cup cooked	4.6	
	Pound	14.50	¾ cup cooked	6.9	

¹ Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

³ Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

Food Buying Guide for School Meal Programs

Section 3 – Grains

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
CEREAL GRAINS (Continued)					
Cereal Grains Farina (Group H) <i>Instant, Enriched¹</i> <i>Dry</i>	Pound	45.50	¼ cup cooked	2.2	1 lb dry = about 2 ¾ cups dry instant enriched farina
	Pound	22.70	½ cup cooked	4.4	
	Pound	15.10	¾ cup cooked	6.6	
Cereal Grains Farina (Group H) <i>Regular, Enriched¹</i> <i>Dry</i>	Pound	58.90	¼ cup cooked	1.7	1 lb dry = about 2 ½ cups dry regular enriched farina
	Pound	29.40	½ cup cooked	3.4	
	Pound	19.60	¾ cup cooked	5.1	
Cereal Grains Farina (Group H) <i>Quick, Enriched¹</i> <i>Dry</i>	Pound	58.10	¼ cup cooked	1.8	1 lb dry = about 2 ½ cups dry quick enriched farina
	Pound	29.00	½ cup cooked	3.5	
	Pound	19.30	¾ cup cooked	5.2	
Cereal Grains Farina (Group H) <i>Whole Wheat Quick</i> <i>Dry</i>	Pound	51.50	¼ cup cooked	2.0	1 lb dry = about 2 ½ cups dry whole wheat quick farina
	Pound	25.70	½ cup cooked	3.9	
	Pound	17.10	¾ cup cooked	5.9	1 lb dry = about 12 ⅞ cups cooked
Cereal Grains Kasha (Group H) <i>Dry</i>	Pound	21.10	¼ cup cooked	4.8	1 lb dry = about 2 ¾ cups dry or 2.92 lb (about 5 ¼ cups) cooked kasha when prepared with 2 parts water to 1 part dry kasha
	Pound	10.50	½ cup cooked	9.6	
	Pound	7.050	¾ cup cooked	14.2	
Cereal Grains Millet (Group H) <i>Dry</i>	Pound	22.90	¼ cup cooked	4.4	1 lb dry = about 2 ⅞ cups dry or 2.30 lb (about 5 ⅝ cups) cooked millet when prepared with 1 ½ parts water to 1 part dry millet
	Pound	11.40	½ cup cooked	8.8	
	Pound	7.64	¾ cup cooked	13.1	
Cereal Grains Oats (Group H) <i>Rolled Instant</i> <i>Dry</i>	Pound	46.90	¼ cup cooked	2.2	1 lb dry = about 5 ⅔ cups dry instant rolled oats
	Pound	23.40	½ cup cooked	4.3	
	Pound	15.60	¾ cup cooked	6.5	

¹ Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

Food Buying Guide for School Meal Programs

Section 3 – Grains

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
CEREAL GRAINS (Continued)					
Cereal Grains Oats (Group H) <i>Rolled Quick Dry</i>	Pound	47.60	¼ cup cooked	2.1	1 lb dry = about 6 ¼ cups dry quick rolled oats
	Pound	23.80	½ cup cooked	4.2	
	Pound	15.80	¾ cup cooked	6.4	
Cereal Grains Oats (Group H) <i>Rolled Regular Dry Includes USDA Foods</i>	Pound	45.40	¼ cup cooked	2.2	1 lb dry = about 6 cups dry regular rolled oats
	Pound	22.70	½ cup cooked	4.4	
	Pound	15.10	¾ cup cooked	6.7	
Cereal Grains Quinoa (Group H) <i>Dry</i>	Pound	26.40	¼ cup cooked	3.8	1 lb dry = about 2 ½ cups dry or 2.51 lb (6 ½ cups) cooked quinoa when prepared with 2 parts water to 1 part dry quinoa
	Pound	13.20	½ cup cooked	7.6	
	Pound	8.81	¾ cup cooked	11.4	
Cereal Grains Wheat Berries (Group H) <i>Dry</i>	Pound	24.00	¼ cup cooked	4.2	1 lb dry = about 2 ¼ cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries
	Pound	12.00	½ cup cooked	8.4	
	Pound	8.00	¾ cup cooked	12.5	
Cereal Grains Wheat Cereal (Group H) <i>Instant, Enriched ¹ or Whole Wheat Dry</i>	Pound	49.10	¼ cup cooked	2.1	1 lb dry = about 4 cups dry, instant wheat cereal
	Pound	24.50	½ cup cooked	4.1	
	Pound	16.30	¾ cup cooked	6.2	
Cereal Grains Wheat Cereal (Group H) <i>Regular, Enriched ¹ or Whole Wheat Dry</i>	Pound	49.20	¼ cup cooked	2.1	1 lb dry = about 3 ½ cups dry regular wheat cereal
	Pound	24.60	½ cup cooked	4.1	
	Pound	16.40	¾ cup cooked	6.1	

¹ Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

Food Buying Guide for School Meal Programs

Section 3 – Grains

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
CEREAL GRAINS (Continued)					
Cereal Grains Wheat, Rolled (Group H) <i>Dry</i>	Pound	38.00	¼ cup cooked	2.7	1 lb dry = about 2 ¾ cup dry or 4.83 lb (about 9 ½ cups) cooked rolled oats when prepared with 3 ½ parts water to 1 part dry rolled wheat
	Pound	19.00	½ cup cooked	5.3	
	Pound	12.60	¾ cup cooked	8.0	
CEREALS, READY-TO-EAT					
Cereals, Ready-to-eat Wheat, Corn, Rice, Oats, Granola ^{1,3} (Group I)	Single Serve Package	1.00	1 grains serving (1 cup or 1.0 oz for flakes and rounds; 1.25 cups or 1.0 oz for puffed cereal; ¼ cup or 1 oz for granola)	100.0	Package contents vary with the cereal-flakes, biscuits, shreds, granules, etc.
CHOW MEIN NOODLES					
Chow Mein Noodles (Group A) <i>Enriched</i> ¹	Pound	34.80	½ grains serving (about ¼ cup; must weigh at least 11 g or 0.4 oz)	2.9	
	Pound	17.40	1 grains serving (about ½ cup; must weigh at least 22 g or 0.8 oz)	5.8	
Corn Chips (Tortilla Chips) ^{1,3}					
Corn Chips (Group B)	Pound	20.00	¾ grains serving (about ½ cup; must weigh at least 21 g or 0.75 oz)	5.0	
	Pound	15.00	1 grains serving (about ⅔ cup; must weigh at least 28 grams or 1.0 oz)	6.7	
COUSCOUS					
Couscous (Group H) <i>Regular, Enriched</i> ¹ <i>Dry</i>	Pound	29.10	¼ cup cooked	3.5	1 lb dry = about 2 ¾ cups dry enriched couscous
	Pound	14.50	½ cup cooked	6.9	Add 3 ¼ cups water to 1 lb dry enriched couscous
	Pound	9.71	¾ cup cooked	10.3	1 lb dry = 2.55 lb (about 7 ¼) cups cooked

¹ Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

³ Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

Food Buying Guide for School Meal Programs

Section 3 – Grains

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
COUSCOUS (Continued)					
Couscous (Group H) <i>Dry Whole Wheat</i>	Pound	27.00	¼ cup cooked	3.8	1 lb dry = about 2 ½ cups dry whole wheat couscous
	Pound	13.50	½ cup cooked	7.5	
	Pound	9.00	¾ cup cooked	11.2	1 lb dry = about 6 ¾ cups cooked
CROUTONS					
Croutons (Group A) <i>Prepackaged Enriched¹ Dry</i>	Pound	44.60	½ grains serving (about ¼ cup dry; must weigh at least 11 g or 0.4 oz)	2.3	1 lb dry = about 11 ⅓ cups dry enriched croutons
	Pound	22.30	1 grains serving (about ½ cup dry; must weigh at least 22 g or 0.8 oz)	4.5	
GRAHAM CRACKERS					
Graham Crackers^{1,3} (Group B)	Pound	32.40	½ grains serving (about 2 crackers; must weigh at least 14 g or 0.5 oz)	3.1	1 lb AP = about 64 crackers
	Pound	21.30	1 grains serving (about 4 crackers; must weigh at least 28 g or 1.0 oz)	4.7	
MELBA TOAST					
Melba Toast (Group A) <i>Enriched¹</i>	Pound	37.80	½ grains serving (about 2 pieces; must weigh at least 11 g or 0.4 oz)	3.1	
	Pound	22.20	1 grains serving (about 5 pieces; must weigh at least 22 g or 0.8 oz)	4.7	
PASTA⁴					
Pasta (Group H) <i>Bowties Large size Enriched¹ Dry</i>	Pound	25.10	¼ cup cooked	4.0	1 lb dry = about 7 ½ cups dry enriched bowtie pasta
	Pound	12.50	½ cup cooked	8.0	
	Pound	8.39	¾ cup cooked	12.0	1 lb dry = 2.66 lb (about 6 ¼) cups cooked boiled 17 min

¹ Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

³ Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

⁴ The yield for pasta will vary depending on the type and shape of pasta, how it is cooked, the amount of water used and the drain time.

Food Buying Guide for School Meal Programs

Section 3 – Grains

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
PASTA ⁴ (Continued)					
Pasta (Group H) <i>Bowties</i> Regular size Whole Wheat Dry	Pound	28.50	¼ cup cooked	3.6	1 lb dry = about 5 ¾ cups dry whole wheat bowtie pasta
	Pound	14.20	½ cup cooked	7.1	
	Pound	9.50	¾ cup cooked	10.6	
Pasta (Group H) <i>Elbow Macaroni</i> Regular Enriched ¹ Dry	Pound	39.00	¼ cup cooked	2.6	1 lb dry = about 3 ½ cups dry enriched elbow macaroni
	Pound	19.50	½ cup cooked	5.2	
	Pound	13.00	¾ cup cooked	7.7	
Pasta (Group H) <i>Elbow Macaroni</i> Whole Wheat Regular Dry Includes USDA Foods	Pound	32.50	¼ cup cooked	3.1	1 lb dry = about 3 ⅝ cups dry whole wheat elbow macaroni
	Pound	16.20	½ cup cooked	6.2	
	Pound	10.80	¾ cup cooked	9.3	
Pasta (Group H) <i>Elbow Macaroni</i> Whole Wheat and Enriched Flour Blend ³ Regular Dry Includes USDA Foods	Pound	34.00	¼ cup cooked	3.0	1 lb dry = about 3 ¾ cups dry whole wheat & enriched elbow macaroni
	Pound	17.00	½ cup cooked	5.9	
	Pound	11.30	¾ cup cooked	8.9	
Pasta (Group H) <i>Elbow Pasta</i> Whole Grain (brown rice) Regular Dry	Pound	34.50	¼ cup cooked	2.9	1 lb dry = about 4 ½ cups dry whole grain elbow pasta
	Pound	17.20	½ cup cooked	5.9	
	Pound	11.50	¾ cup cooked	8.7	
Pasta (Group H) <i>Noodles, Egg</i> Medium, Enriched ¹ Dry	Pound	40.30	¼ cup cooked	2.5	1 lb dry = about 11 ⅞ cups dry enriched egg noodles
	Pound	20.10	½ cup cooked	5.0	
	Pound	13.40	¾ cup cooked	7.5	

¹ Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

³ Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

⁴ The yield for pasta will vary depending on the type and shape of pasta, how it is cooked, the amount of water used and the drain time.

Food Buying Guide for School Meal Programs

Section 3 – Grains

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
PASTA⁴ (Continued)					
Pasta (Group H) <i>Noodles</i> <i>Lasagna, Enriched¹</i> <i>Dry</i>	Pound	28.30	¼ cup cooked	3.6	1 lb dry = about 21 pieces dry enriched lasagna noodles
	Pound	14.10	½ cup cooked	7.1	
	Pound	9.46	¾ cup cooked	10.6	
Pasta (Group H) <i>Noodles</i> <i>Lasagna</i> <i>Whole Wheat</i> <i>Dry</i>	Pound	27.00	¼ cup cooked	3.8	1 lb dry = about 4 ⅝ cups dry pieces of whole wheat lasagna noodles
	Pound	13.50	½ cup cooked	7.5	
	Pound	9.00	¾ cup cooked	11.2	
Pasta (Group H) <i>Noodles</i> <i>Lasagna</i> <i>Whole Wheat and Enriched Flour Blend³</i> <i>Dry</i>	Pound	32.50	¼ cup cooked	3.1	1 lb dry = about 5 ⅞ cups dry pieces of whole wheat & enriched lasagna noodles
	Pound	16.20	½ cup cooked	6.2	
	Pound	10.80	¾ cup cooked	9.3	
Pasta (Group H) <i>Noodles</i> <i>Lasagna sheets</i> <i>Enriched¹</i> <i>Frozen</i>	Pound	13.90	¼ cup cooked	7.2	1 lb frozen = about 3 ¾ frozen enriched lasagna sheets
	Pound	6.96	½ cup cooked	14.4	
	Pound	4.64	¾ cup cooked	21.6	
Pasta (Group H) <i>Noodles</i> <i>Ramen</i> <i>Enriched¹</i> <i>Dry</i>	Pound	25.40	¼ cup cooked	4.0	1 lb dry = about 5 ½ cups dry enriched ramen noodles
	Pound	12.70	½ cup cooked	7.9	
	Pound	8.48	¾ cup cooked	11.8	
Pasta (Group H) <i>Orzo, Enriched¹</i> <i>Dry</i>	Pound	25.50	¼ cup cooked	4.0	1 lb dry = about 2 ⅜ cups dry enriched orzo pasta
	Pound	12.70	½ cup cooked	7.9	
	Pound	8.53	¾ cup cooked	11.8	

¹ Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

² Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

³ The yield for pasta will vary depending on the type and shape of pasta, how it is cooked, the amount of water used and the drain time

Food Buying Guide for School Meal Programs

Section 3 – Grains

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
PASTA ⁴ (Continued)					
Pasta (Group H) <i>Orzo</i> <i>Whole wheat</i> <i>Dry</i>	Pound	30.00	¼ cup cooked	3.4	1 lb dry = about 2 ⅞ cups dry whole wheat orzo pasta
	Pound	15.00	½ cup cooked	6.7	
	Pound	10.00	¾ cup cooked	10	
Pasta (Group H) <i>Penne, Enriched ¹</i> <i>Dry</i>	Pound	31.20	¼ cup cooked	3.2	1 lb dry = about 5 ⅞ cups dry enriched penne pasta
	Pound	15.60	½ cup cooked	6.5	
	Pound	10.40	¾ cup cooked	9.7	
Pasta (Group H) <i>Penne</i> <i>Whole Wheat</i> <i>Dry</i> <i>Includes USDA</i> <i>Foods</i>	Pound	34.50	¼ cup cooked	2.9	1 lb dry = about 5 ⅜ cups dry whole wheat penne pasta
	Pound	17.20	½ cup cooked	5.9	
	Pound	11.50	¾ cup cooked	8.7	
Pasta (Group H) <i>Penne</i> <i>Whole Wheat and</i> <i>Enriched Flour</i> <i>Blend ³</i> <i>Dry</i> <i>Includes USDA</i> <i>Foods</i>	Pound	34.50	¼ cup cooked	2.9	1 lb dry = about 4 ⅜ cups dry whole wheat and enriched penne pasta
	Pound	17.20	½ cup cooked	5.9	
	Pound	11.50	¾ cup cooked	8.7	
Pasta (Group H) <i>Shells</i> <i>Large, Enriched ¹</i> <i>(for stuffing)</i> <i>Dry</i>	Pound	30.50	¼ cup cooked	3.3	1 lb dry = about 5 ⅜ cups dry enriched shells pasta
	Pound	15.20	½ cup cooked	6.6	
	Pound	10.10	¾ cup cooked	10	
Pasta (Group H) <i>Shells</i> <i>Medium, Enriched ¹</i> <i>Dry</i>	Pound	26.70	¼ cup cooked	3.8	1 lb dry = about 6 cups dry, medium enriched shells pasta
	Pound	13.30	½ cup cooked	7.6	
	Pound	8.93	¾ cup cooked	11.2	
					¼ cup cooked= about 17 shells boiled 12 min

¹ Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

³ Contains a minimum of 50% whole grains and meets Food and Nutrition Service's whole grain-rich (WGR) criteria.

⁴ The yield for pasta will vary depending on the type and shape of pasta, how it is cooked, the amount of water used and the drain time.

Food Buying Guide for School Meal Programs

Section 3 – Grains

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
PASTA ⁴ (Continued)					
Pasta (Group H) <i>Shells</i> <i>Whole Wheat</i> <i>Medium</i> <i>Dry</i>	Pound	30.50	¼ cup cooked	3.3	1 lb dry = about 5 ¾ cups dry whole wheat shells pasta
	Pound	15.20	½ cup cooked	6.6	
	Pound	10.10	¾ cup cooked	10	
Pasta (Group H) <i>Shells</i> <i>Whole Wheat and Enriched Flour Blend ³</i> <i>Medium</i> <i>Dry</i>	Pound	38.50	¼ cup cooked	2.6	1 lb dry = about 5 ⅞ cups dry whole wheat and enriched shells pasta 1 lb dry = about 9 ⅝ cups cooked
	Pound	19.20	½ cup cooked	5.3	
	Pound	12.80	¾ cup cooked	7.9	
Pasta (Group H) <i>Spaghetti</i> <i>Regular, Enriched ¹</i> <i>Dry</i>	Pound	21.20	¼ cup cooked, pieces	4.8	1 lb dry = about 3 ¼ cups dry enriched spaghetti pieces 1 lb dry = 2.37 lb (about 5 ¼ cups) al dente cooked boiled 8 min
	Pound	10.60	½ cup cooked, pieces	9.5	
	Pound	7.06	¾ cup cooked, pieces	14.2	
Pasta (Group H) <i>Spaghetti</i> <i>Whole Wheat</i> <i>Regular</i> <i>Dry</i> <i>Includes USDA Foods</i>	Pound	34.00	¼ cup cooked, pieces	3	1 lb dry = about 4 ¾ cups dry pieces of whole wheat spaghetti 1 lb dry = about 8 ½ cups cooked
	Pound	17.00	½ cup cooked, pieces	5.9	
	Pound	11.30	¾ cup cooked, pieces	8.9	
Pasta (Group H) <i>Spaghetti</i> <i>Whole Wheat and Enriched Flour Blend ³</i> <i>Regular</i> <i>Dry</i> <i>Includes USDA Foods</i>	Pound	35.50	¼ cup cooked, pieces	2.9	1 lb dry = about 4 ¾ cups dry pieces of whole wheat and enriched spaghetti 1 lb dry = about 8 ⅞ cups cooked
	Pound	17.70	½ cup cooked, pieces	5.7	
	Pound	11.80	¾ cup cooked, pieces	8.5	
Pasta (Group H) <i>Spaghetti</i> <i>Whole Grain (brown rice)</i> <i>Regular</i> <i>Dry</i>	Pound	24.50	¼ cup cooked, pieces	4.1	1 lb dry = about 4 cups dry pieces of whole grain spaghetti 1 lb dry = about 6 ⅞ cups cooked
	Pound	12.20	½ cup cooked, pieces	8.2	
	Pound	8.10	¾ cup cooked, pieces	12.4	
Pasta (Group H) <i>Spiral (Rotini)</i> <i>Enriched ¹</i> <i>Dry</i>	Pound	33.80	¼ cup cooked	3.0	1 lb dry = about 5 ¾ cups dry enriched spiral pasta
	Pound	16.90	½ cup cooked	6.0	
	Pound	11.20	¾ cup cooked	9.0	

¹ Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

³ Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

⁴ The yield for pasta will vary depending on the type and shape of pasta, how it is cooked, the amount of water used and the drain time.

Food Buying Guide for School Meal Programs

Section 3 – Grains

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
PASTA ⁴ (Continued)					
Pasta (Group H) <i>Spiral (Rotini)</i> <i>Whole Wheat Dry</i> <i>Includes USDA Foods</i>	Pound	38.00	¼ cup cooked	2.7	1 lb dry = about 6 ⅜ cups dry whole wheat spiral pasta
	Pound	19.00	½ cup cooked	5.2	
	Pound	12.60	¾ cup cooked	8	
Pasta (Group H) <i>Spiral (Rotini)</i> <i>Whole Wheat and Enriched Flour Blend ³</i> <i>Dry</i> <i>Includes USDA Foods</i>	Pound	33.00	¼ cup cooked	3.1	1 lb dry = about 4 ⅝ cups dry whole wheat and enriched spiral pasta 1 lb dry = about 8 ¼ cups cooked
	Pound	16.50	½ cup cooked	6.1	
	Pound	11.00	¾ cup cooked	9.1	
Pasta (Group H) <i>Wagon Wheels</i> <i>Medium size, Enriched ¹</i> <i>Dry</i>	Pound	31.10	¼ cup cooked	3.3	1 lb dry = about 5 cups dry, enriched wagon wheel pasta 1 lb dry = 2.79 lb (about 7 ¾ cups) cooked boiled 12 min
	Pound	15.50	½ cup cooked	6.5	
	Pound	10.30	¾ cup cooked	9.7	
RICE ⁵					
Rice (Group H) <i>Brown</i> <i>Instant</i> <i>Dry</i>	Pound	28.80	¼ cup cooked	3.5	1 lb dry = about 4 ⅜ cups dry brown rice 1 lb dry = about 7 ⅞ cups cooked 1 cup dry = about 1 ⅔ cups cooked
	Pound	14.40	½ cup cooked	7.0	
	Pound	9.62	¾ cup cooked	10.4	
Rice (Group H) <i>Brown</i> <i>Long grain</i> <i>Regular, Dry</i> <i>Includes USDA Foods</i>	Pound	17.50	¼ cup cooked	5.8	1 lb dry = about 2 ½ cups dry brown rice 1 lb dry = about 4 ⅜ cups cooked 1 cup dry = about 1 ¾ cups cooked
	Pound	8.75	½ cup cooked	11.5	
	Pound	5.83	¾ cup cooked	17.2	

¹ Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

³ Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

⁴ The yield for pasta will vary depending on the type and shape of pasta, how it is cooked, the amount of water used and the drain time.

⁵ The yield for rice differs depending on how it is cooked. The yields provided in this guide represent the lower range of the average yield for each type of rice.

Food Buying Guide for School Meal Programs

Section 3 – Grains

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
RICE ⁵ (Continued)					
Rice (Group H) <i>Brown Long grain Parboiled Dry</i>	Pound	31.00	¼ cup cooked	3.3	1 lb dry = about 2 ⅞ cups dry brown rice
	Pound	15.50	½ cup cooked	6.5	
	Pound	10.30	¾ cup cooked	9.8	1 lb dry = about 7 ¾ cups cooked
Rice (Group H) <i>White Long grain Parboiled, Enriched ¹ Dry Includes USDA Foods</i>	Pound	17.50	¼ cup cooked	5.8	1 lb dry = about 2 ½ cups dry enriched rice
	Pound	8.75	½ cup cooked	11.5	1 lb dry = about 4 ⅜ cups cooked
	Pound	5.83	¾ cup cooked	17.2	1 cup dry = about 1 ¾ cups cooked
Rice (Group H) <i>White Long grain Instant, Enriched ¹ Dry</i>	Pound	28.00	¼ cup cooked	3.6	1 lb dry = about 4 ½ cups dry enriched rice
	Pound	14.00	½ cup prepared with boiling water	7.2	1 lb dry = about 7 cups cooked
	Pound	7.00	¾ cup prepared with boiling water	14.3	1 cup dry = about 1 ½ cups cooked
Rice (Group H) <i>White Long grain Regular, Enriched ¹ Dry</i>	Pound	30.00	¼ cup cooked	3.4	1 lb dry = about 2 ⅓ cups dry enriched rice
	Pound	15.00	½ cup cooked	6.7	1 lb dry = about 7 ½ cups cooked
	Pound	10.00	¾ cup cooked	10.0	1 cup dry = about 3 ¼ cups cooked
Rice (Group H) <i>White Medium grain Regular, Enriched ¹ Dry</i>	Pound	27.00	¼ cup cooked	3.8	1 lb dry = about 2 ¼ cups dry enriched rice
	Pound	13.50	½ cup cooked	7.5	1 lb dry = about 6 ¾ cups cooked
	Pound	9.00	¾ cup cooked	11.2	1 cup dry = about 3 cups cooked

¹ Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

⁵ The yield for rice differs depending on how it is cooked. The yields provided in this guide represent the lower range of the average yield for each type of rice.

Food Buying Guide for School Meal Programs

Section 3 – Grains

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
RICE CAKES ⁶					
Rice Cakes (Group A) <i>Puffed</i> <i>Includes seeds, enriched or other whole grains</i>	Package (average 5.25 oz)	10.70	½ grains serving (about 1 ½ cakes, puffed; must weigh at least 11 g or 0.4 oz)	9.3	1 lb AP = about 48 rice cakes
RYE WAFERS					
Rye Wafers (Group A)	Pound	36.00	½ grains serving (about 2 wafers; must weigh at least 11 g or 0.4 oz)	2.8	
SALTINES					
Saltines (Group A) <i>Enriched</i> ¹	Pound	41.20	½ grains serving (about 4 crackers; must weigh at least 11 g or 0.4 oz)	2.5	
	Pound	20.60	1 grains serving (about 8 crackers; must weigh at least 22 g or 0.8 oz)	4.9	
SOBA NOODLES					
Soba Noodles (Group H) <i>Whole Grain</i>	Pound	27.5	¼ cup cooked, pieces	3.7	1 lb dry = about 4 ¾ cups dry pieces of whole grain soba noodles
	Pound	13.75	½ cup cooked, pieces	7.3	
	Pound	9.16	¾ cup cooked, pieces	11	1 lb dry = about 6 ⅞ cups cooked
SODA CRACKERS					
Soda Crackers (Group A) <i>Enriched</i> ¹	Pound	45.00	½ grains serving (about 2 crackers; must weigh at least 11 g or 0.4 oz)	2.3	
	Pound	22.50	1 grains serving (about 8 crackers; must weigh at least 22 g or 0.8 oz)	4.5	

¹ Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

⁶ Does not include popcorn cakes or popcorn in combination with other grains since popcorn is not creditable towards school meal pattern requirements.

Food Buying Guide for School Meal Programs

Section 3 – Grains

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
TACO/TOSTADA SHELLS					
Taco/Tostada Shells (Group B)	Dozen	12.00	½ grains serving (about 1 taco/tostada shell; must weigh at least 14 g or 0.5 oz)	8.4	
	Dozen	6.00	1 grains serving (about 2 taco/tostada shells; must weigh at least 28 g or 1.0 oz)		
WILD RICE ⁵					
Wild Rice (Group H) Dry	Pound	34.80	¼ cup cooked	2.9	1 lb dry = about 2 ⅔ cups dry wild rice
	Pound	17.40	½ cup cooked	5.8	Add 2 ½ cups water to 1 cup dry rice
	Pound	11.60	¾ cup cooked	8.7	1 lb dry = 2.55 lb (about 8 ⅔ cups) cooked
Wild Rice and Enriched White Rice Mix ^{1,3} (Group H) Dry	Pound	28.70	¼ cup cooked	3.5	1 lb dry = about 2 ⅔ cups dry wild rice and enriched white rice mix
	Pound	14.30	½ cup cooked	7.0	Add 2 ¼ cups water to 1 cup dry rice
	Pound	9.57	¾ cup cooked	10.5	1 lb dry = 3.21 lb (about 7 ⅙ cups) cooked
ZWEIBACK					
Zweiback (Group A) Enriched ¹	Pound	32.40	½ grains serving (about 2 pieces; must weigh at least 11 g or 0.4 oz)	3.1	
	Pound	21.30	1 grains serving (about 3 pieces; must weigh at least 22 g or 0.8 oz)	4.7	

¹ Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

³ Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

⁵ The yield for rice differs depending on how it is cooked. The yields provided in this guide represent the lower range of the average yield for each type of rice.