

# SCHOOL LUNCH MEAL PATTERN GRAINS FACT SHEET

All grains must be Whole Grain-Rich (WGR)

## Whole Grain-Rich (WGR)

### BARLEY

- Dehulled barley
- Dehulled-barley flour
- Whole barley
- Whole-barley flakes
- Whole-barley flour
- Whole grain barley
- Whole-grain barley flour

### BROWN RICE

- Brown rice
- Brown rice flour

### CORN

- Whole corn
- Whole-corn flour
- Whole cornmeal
- Whole-grain corn flour
- Whole-grain grits

### OATS

- Oat groats
- Oatmeal or rolled oats
- Whole oats
- Whole-oat flour

### RYE

- Whole rye
- Rye berries
- Whole-rye flour
- Whole-rye flakes

### WHEAT (RED)

- Bulgur (cracked wheat)
- Bromated whole-wheat flour
- Cracked wheat or crushed wheat
- Entire wheat flour
- Graham flour
- Sprouted wheat
- Sprouted wheat berries
- Stone ground whole-wheat flour
- Toasted crushed whole wheat
- Wheat berries
- Whole bulgur
- Whole durum flour
- Whole durum wheat flour
- Whole-grain bulgur
- Whole-grain wheat
- Whole-wheat flour
- Whole-wheat pastry flour
- Whole wheat flakes

### WHEAT(WHITE)

- Whole white wheat
- Whole white wheat flour

### WILD RICE

- Wild rice
- Wild-rice flour

### LESS COMMON GRAINS

To be whole grains "whole" must be listed before the grain name

- |          |           |                |              |                |
|----------|-----------|----------------|--------------|----------------|
| Amaranth | Buckwheat | Einkorn        | Emmer (faro) | Kamut®         |
| Millet   | Quinoa    | Sorghum (milo) | Spelt        | Teff Triticale |



## Grain Facts:

- To be considered WGR, the product must contain 100% whole grain OR be at least 50 percent whole grains, any remaining grains must be enriched and any non-creditable grains must be less than 2 percent (1/4 ounce equivalent) of the product formula. For more information, see *Whole Grain Resource for NSLP and SBP Manual*
- No more than *two* grain-based desserts can be credited per week.
- A whole grain-rich product must meet at least one of the following criteria:

Form 104

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### 1. Whole grains per serving must be ≥8 grams (may have whole grain stamp);

#### Whole Grain Stamps



← **100% Stamp** – *All* grain ingredients are whole grain



← **Basic Stamp** – product contains at least 8g (8 grams) of whole grain, but may also contain some refined grain.

-OR-

2. The product includes the following FDA approved whole grain health claim on its label. "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."

-OR-

3. Product ingredient listing identifies whole grain first:  
Exception: If water is the first ingredient then whole grain must be the second ingredient.

Example: Batter ingredients: Water, whole wheat flour, whole grain corn, sugar...

\* Although the list is extensive, it is not comprehensive and therefore may not contain all possible representations of whole grain-rich ingredient names on food labels.