

Exhibit A: Grain Requirements for Child Nutrition Programs^{1, 2}

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
- Bread type coating - Bread sticks (hard) - Chow Mein noodles - Savory Crackers (saltines and snack crackers) - Croutons - Pretzels (hard) - Stuffing (dry) Note: weights apply to bread in stuffing	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
- Bagels - Batter type coating - Biscuits - Breads - all (for example sliced, French, Italian) - Buns (hamburger and hot dog) - Sweet Crackers⁵ (graham crackers -all shapes, animal crackers) - Egg roll skins - English muffins Pita bread - Pizza crust Pretzels (soft) - Rolls - Tortillas Tortilla chips - Taco shells	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz

¹ In the NSLP, SBP, and NSLP afterschool snacks (grades K-12), at least 80% of the weekly grains offered must meet the whole grain-rich criteria and the remaining grain items offered must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Please note: State agencies have the discretion to set stricter requirements than the minimum nutrition standards for school meals. For additional guidance, please contact your State agency. For all other Child Nutrition Programs, grains must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Under the CACFP child and adult meal patterns, and in the NSLP/SBP preschool meals, at least one grains serving per day must meet whole grain-rich criteria.

² For the NSLP and SBP (grades K-12), NSLP afterschool snacks (effective July 1, 2025), CACFP, and NSLP/SBP infant and preschool meals, grain quantities are determined using ounce equivalents (oz eq). SFSP may determine grain quantities using grain/breads servings. Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

⁵ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10. May count toward the grains component in the SBP (grades K-12), CACFP, NSLP afterschool snacks, NSLP/SBP infant and preschool meals, and SFSP.

Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
• Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meats/meat alternate pies) • Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz
Group D	Ounce Equivalent (oz eq) for Group D	Minimum Serving Size for Group D
• Doughnuts⁴ (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars⁴ (plain) • Muffins (all, except corn) • Sweet roll⁴ (unfrosted) • Toaster pastry⁴ (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz
Group E	Ounce Equivalent (oz eq) for Group E	Minimum Serving Size for Group E
• Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls⁴ (frosted) • Toaster pastry⁴ (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F	Ounce Equivalent (oz eq) for Group F	Minimum Serving Size for Group F
• Cake³ (plain, unfrosted) • Coffee cake⁴	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz

³ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count towards the grain component in CACFP, NSLP afterschool snacks, or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁴ Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP, NSLP afterschool snacks, or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 2

Group G	Ounce Equivalent (oz eq) for Group G	Minimum Serving Size for Group G
- Brownies³ (plain) - Cake³ (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H	Ounce Equivalent (oz eq) for Group H	Minimum Serving Size for Group H
- Cereal Grains (barley, quinoa, etc.) - Breakfast cereals (cooked)^{6,7} - Bulgur or cracked wheat - Macaroni (all shapes) - Noodles (all varieties) - Pasta (all shapes) - Ravioli (noodle only) - Rice	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry	1 serving = 1/2 cup cooked or 25 gm dry
Group I	Ounce Equivalent (oz eq) for Group I	Minimum Serving Size for Group I
Ready to eat breakfast cereal (cold, dry)^{6,7,8,9}	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola	1 serving = 3/4 cup or 1 oz, whichever is less

³ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count towards the grain component in CACFP, NSLP afterschool snacks, or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁴ Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP, NSLP afterschool snacks, or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁶ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁷ In the NSLP and SBP, cereals that list a whole grain as the first ingredient must be fortified, or if the cereal is 100 percent whole grain, fortification is not required. For all Child Nutrition Programs, cereals must be whole-grain, enriched, or fortified; cereals served in NSLP, SBP, and CACFP must contain no more than 6 grams of sugar per dry ounce.

⁸ Effective July 1, 2025, cereals served in NSLP, SBP, and NSLP afterschool snacks must contain no more than 6 grams of added sugar per dry ounce.

⁹ Effective October 1, 2025, cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of added sugar per dry ounce. Prior to October 1, 2025, breakfast cereals in the CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of total sugars per dry ounce.

WHOLE-GRAINS*

WHEAT

whole-wheat flour
whole-grain wheat
whole-grain wheat flour
whole-wheat flakes
whole-grain wheat flakes
bromated whole-wheat flour
stone ground whole-wheat flour
entire wheat flour
whole-wheat pastry flour

graham flour
cracked wheat or crushed wheat
sprouted wheat
whole bulgur
white whole-wheat flour
whole-durum flour
whole-durum wheat flour
whole-white wheat

OATS

instant oatmeal
whole oats
old-fashioned oats
whole-grain oat flour
quick-cooking oats
steel cut oats
whole-oat flour
oatmeal or rolled oats

CORN

popcorn*
corn masa
whole corn
whole-grain corn
whole-grain grits
whole-grain corn flour
whole cornmeal
whole-grain cornmeal
nixtamalized corn

BARLEY

dehulled barley
whole barley
whole-barley flakes
whole-grain barley
whole-barley flour
dehulled barley flour
whole-grain barley flour

BROWN RICE/ WILD RICE

brown rice
brown rice flour
sprouted brown rice
wild rice
wild rice flour sprouted

RYE

whole rye
sprouted whole rye
whole-rye flour
flaked rye
whole-rye flakes



*Crediting Popped Popcorn

$\frac{3}{4}$ cup (or 0.25oz/7g) = 0.25oz eq grains
1 $\frac{1}{2}$ cups (or 0.5oz/14g) = 0.5oz eq grains
3 cups (or 1oz/28g) = 1oz eq grains

NOT WHOLE-GRAINS

****Some of these products may count as enriched****

all-purpose flour	farina	enriched bromated flour
enriched rice	bread flour	couscous
potato flour	cake flour	wheat flour
any bean flour	rice flour	enriched flour
any nut flour	semolina	enriched self-rising flour
self-rising flour	flour	self-rising wheat flour
bromated flour	corn flour	unbleached flour
instantized flour	white flour	corn fiber
durum flour	malted barley	milled brown rice
yellow corn flour	oat fiber	degerminated cornmeal
yellow corn meal	durum flour	phosphated flour

NON-CREDITABLE INGREDIENTS

oat fiber	corn starch
corn fiber	modified food starch
wheat starch	vegetable flours (such as potato)

Non-creditable grain ingredients must be less than 2% of the product formula (or less than 0.25oz eq per portion). To have less than 0.25oz eq per portion, the amount of non-creditable grain per portion cannot be >3.99g for Exhibit A, Groups A-G and >6.99g for Exhibit A, Groups H and I.

Non-creditable grain ingredients are often listed on the ingredient statement as being less than 2% of the product. In this case, they are not required to be included in the calculations to determine the amount of non-creditable ingredients.

GRAIN BASED-DESSERT REMINDER

Those items noted as grain-based desserts on Exhibit A are subject to weekly limit allowances per 210.10 (NSLP), 226.20(a) (NSLP afterschool snacks), and 210.10 (NSLP infant and preschool meals).

HOW TO USE EXHIBIT A of the FOOD BUYING GUIDE

1

Look at the ingredient list of the product to ensure the item meets whole-grain rich criteria and that the use of the Exhibit A is appropriate.

2

Determine which group the item belongs to in Exhibit A.

3

Check the label. Find the product's weight or volume on the Nutrition Fact's Label.

4

Calculate the ounce equivalent (oz eq). Divide the serving weight or volume by the weight or volume for one oz eq in the applicable group.

5

The creditable amount must be rounded to the closest 0.25 oz eq, but always rounded down. The minimum creditable amount for grains is 0.25 oz eq.

Reference: USDA's Whole Grain Resource for the National School Lunch and School Breakfast Programs, FNS-464 updated 2024

Please note: The lists provided are not all-inclusive.