

School Lunch Meal Pattern Grains Fact Sheet

Half of the grains offered weekly must be Whole Grain-Rich (WGR)



Whole Grain-Rich*

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:

- Any food made from wheat, rice, oats, cornmeal, barley or other cereal grain is a grain product (e.g. bread, pasta, oatmeal, breakfast cereals, tortillas and grits).
- Schools serving lunch 6 or 7 days per week must increase the weekly grains quantity by approximately 20 percent(1/5) for each additional day
- Schools operating less than 5 days per week may decrease the weekly quantity by approximately 20 percent (1/5) for each day less than five
- 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:

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.