

- This chart is to be used for crediting bread/grain (B/G) products served in the **Summer Food Service (SFSP) and NSLP Afterschool Snack Program only**
- All B/G items must be enriched or whole-grain, made from enriched or whole-grain meal and/or flour. If using a cereal it must be whole-grain, enriched, or fortified.
- Any products that qualify as whole-grain rich may be credited using the weights in this chart, or using their per ounce equivalent standards provided in the revised Exhibit A for Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements for School Meal Programs

How Exhibit A for Bread/Grain Products Works

- Each group in Exhibit A provides the minimum serving size needed to supply one full B/G serving.
- Foods that qualify as B/G must be:
 - Enriched or whole-grain, made from enriched or whole-grain meal and/or flour.
 - Cereal must be whole-grain, enriched, or fortified.
 - Bran and germ are credited the same as enriched or whole-grain meal or flour.
- The variety of prepared B/G food products listed in Exhibit A are grouped based on their average grain content. Food items having similar concentrations of creditable grains are grouped together.
- The weight of product needed for each group to provide 1 serving is different due to products containing different proportions of enriched or whole-grain meal and/or flour, bran, and/or germ to other ingredients like sugar and fat.
- For types of food products listed in Groups A-G, one serving provides not less than 14.75 grams of enriched or whole-grain meal and/or flour, bran, and/or germ. For the types of food products listed in Groups H and I to count as one serving, the weights and volumes listed therein must be met.
- One-quarter (1/4) of a serving is the smallest amount allowable to be credited toward the minimum quantity of B/G.

Exhibit A Bread/Grains Chart Steps

1. Determine if the B/G is creditable by verifying:
 - a. That the food product is enriched or whole-grain, *or*
 - b. That it is made from enriched or whole-grain meal and/or flour, bran, and/or germ, *or*
 - c. If it is a cereal, that it is whole-grain, enriched, or fortified
2. If the food product is creditable as a B/G component, identify the group in Exhibit A where the product would fit.
 - Example: Waffle – Group C
3. Look at the weight on the chart to see what equals a 1 oz equivalent serving of grain
 - Example: 1 serving = 31 gm or 1.1 oz
4. Check the product serving size weight on the Nutrition Facts label to determine what a one ounce equivalent servings would be-
 - Example: Waffle weight = 28 gm/1 oz
 - Divide by the amount that equals a 1 oz serving
 - $28 \div 31 \text{ gm} = .903$ or $1 \div 1.1 \text{ oz} = .909$
 - Round .90 down to nearest quarter oz = .75
 - 1 waffle = $\frac{3}{4}$ oz serving of grain.

*It's important to note, that when doing calculations to **always round down** to the nearest $\frac{1}{4}$ B/G serving

EXHIBIT A FOR THE SUMMER FOOD SERVICE AND NSLP AFTERSCHOOL SNACK PROGRAMS BREAD/GRAIN REQUIREMENTS^{1,2}

Group A		Group D		Group G	
Bread type coating Bread sticks (hard) Chow Mein noodles Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing.	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	Doughnuts⁴ (Cake & yeast raised, unfrosted) Granola bars⁴ (plain) Muffins (all, except corn) Sweet roll⁴ (unfrosted) Toaster pastry⁴ (unfrosted)	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	Brownies³ (plain, unfrosted) Cake³ (all varieties, frosted)	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 B		Group E		Group H	
Bagels Batter type coating Biscuits Breads (white, wheat, whole wheat, French, Italian) Buns (hamburger and hot dog) Crackers (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread (white, wheat, whole wheat) Pizza crust Pretzels (soft) Rolls (white, wheat, whole wheat, potato) Tortillas (wheat or corn) Tortilla chips (wheat or corn) Taco shells	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	Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts⁴ (cake/yeast raised, frosted or glazed) Grain fruit bars⁴ Granola bars⁴ (with nuts, raisins, chocolate pieces and/or fruit) French toast Sweet rolls⁴ (frosted) Toaster pastry⁴ (frosted)	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	Barley Breakfast cereals^{5,6} (cooked) Bulgar or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)	1 serving = 1/2 cup cooked (or 25 gm dry)
Group C		Group F		Group I	
Cookies³ (plain) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies³, fruit turnovers⁴, and meat/meat alternate pies) Waffles	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	Cake³ (plain, unfrosted) Coffee cake⁴	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	Ready-to-eat breakfast cereal (cold, dry)^{5,6}	1 serving = 3/4 cup or 1 oz, whichever is less

¹The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ. ²Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them. ³Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP. ⁴Allowed for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP. ⁵Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP. ⁶Allowed for breakfasts served under the SBP, SFSP, and CACFP. ⁷Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; break fasts served under 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. ⁸Cereals may be whole-grain, enriched, or fortified.