

WEIGHTS OF COMMERCIALY PREPARED GRAINS/BREADS FOR THE CHILD NUTRITION PROGRAMS

Some of these 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.



GROUP A

- Bread-type Coating
- Breadsticks (hard)
- Chow Mein Noodles
- Crackers (saltines and snack crackers)
- Croutons
- Pretzels (hard)
- Stuffing (dry)

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

- Bagels
- Batter-type Coating
- Biscuits
- Breads (white, wheat, whole-wheat, French, Italian)
- Buns (hamburger and hot dog)
- Crackers (graham and animal crackers)
- Egg Roll Skins
- English Muffins
- Pita Bread (white, wheat, whole-wheat)
- Pizza Crust
- Pretzels (soft)
- Rolls (white, wheat, whole-wheat, potato)
- Taco Shells
- Tortilla Chips (wheat or corn)
- Tortillas (wheat or corn)

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

GROUP C

- Cookies¹ (plain)
- Corn Muffins
- Cornbread
- Croissants
- Pancakes
- Pie Crust (dessert pies¹, fruit turnovers², 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

GROUP D

- Doughnuts² (cake and yeast-raised, unfrosted)
- Granola Bars² (plain)
- Muffins (all except corn)
- Sweet Roll² (unfrosted)
- Toaster Pastry² (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

GROUP E

- Cookies¹ (with nuts, raisins, chocolate pieces, and/or fruit purees)
- Doughnuts² (cake and yeast-raised, frosted, or glazed)
- French Toast
- Grain Fruit Bars²
- Granola Bars² (with nuts, raisins, chocolate pieces, and/or fruit)
- Sweet Rolls² (frosted)
- Toaster Pastry² (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

GROUP F

- Cake¹ (plain, unfrosted)
- Coffee Cake²

1 serving = 75 gm or 2.7 oz
 3/4 serving = 56 gm or 2.0 oz
 1/2 serving = 38 gm or 1.3 oz
 1/4 serving = 19 gm or 0.7 oz

GROUP G

- Brownies¹ (plain)
- Cake¹ (all varieties, frosted)

1 serving = 115 gm or 4.0 oz
 3/4 serving = 86 gm or 3.0 oz
 1/2 serving = 58 gm or 2.0 oz
 1/4 serving = 29 gm or 1.0 oz

GROUP H

- Barley
- Breakfast Cereals (cooked)³
- Bulgur 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 grams dry)

GROUP I

- Breakfast Cereal (cold, dry, ready-to-eat)³

1 serving = 3/4 cup or 1.0 oz,
 whichever is less

¹ Allowed only for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

² Allowed for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

³ Refer to program regulations for the appropriate serving size for supplements served to children ages 1-5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1-5 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.

