

Easy to Use Grains and Breads Chart

This chart can be used to identify creditable grains and minimum portion sizes. Whole grains, enriched grains, bran, and germ are creditable grains in the CACFP. At least one serving of grains per day must be whole grain-rich. Use the 'Flowcharts for Determining Creditable and Whole Grain-Rich Grains' handout to determine if a grain is creditable or whole grain-rich. Some grains/breads may contain higher levels of sugar, salt and/or fat and should be served in moderation. Food items may not be deep-fat-fried on site. Grain-based desserts do not credit for the grains component.

Serving sizes listed below are specified for children 1-5 years old and children 6-18 years old

Group A	1-5 year olds should have a minimum weight of 10 grams (0.4 oz.)	6-18 year olds should have a minimum weight of 20 grams (0.7 oz.)
Bread Type Coating Bread Sticks (hard - approx. 7¾") Chow Mein Noodles Crackers (saltines) Crackers (snack-rounds, ovals, large squares) Crackers (one inch squares) Crackers (savory - goldfish-shaped or similar) Croutons Melba Toast Pilot Bread Pretzels (hard-mini pretzel sticks or twists) Pretzel Chips Bread Stuffing (dry) Wafers (rye) Zwieback	10 grams (0.4 ounce) 2 sticks 1/4 cup 4 squares 4 crackers 6 crackers ~20 crackers 1/4 cup 3 slices 1 slice 7 pretzels 7 chips 1/4 cup 2 wafers 2 pieces	20 grams (0.7 ounce) 3 sticks 1/2 cup 8 squares 8 crackers 12 crackers ~37 crackers 1/2 cup 5 slices 2 slices 14 pretzels 14 chips 1/2 cup 4 wafers 3 pieces
Group B	1-5 year olds should have a minimum weight of 13 grams (0.5 oz.)	6-18 year olds should have a minimum weight of 25 grams (.9 oz.)
Bagels (approx. 4" diameter) Bagels (approx. 3" diameter) Batter Type Coating Biscuits (approx. 2½" diameter) Breads (white, wheat, whole wheat, rye, French, Italian, Vienna, raisin) Buns (hamburger, hot dog) Crackers (graham - goldfish-shaped or similar) Crackers (animal-shaped) Crackers (small cheese-flavored) Crackers (graham - 2 ½" x 5") Egg Roll Skins (approx. 7" square) English Muffins Oyster Crackers Pita Bread (white, wheat - 6½ round) Pizza Crust Pretzels (soft) Rolls (dinner, white, whole wheat, potato) Tortillas 6" (corn or wheat) Tortillas 8" (flour)	1/4 bagel 1/2 bagel 13 gram (0.5 oz.) 1/2 biscuit 1/2 slice 1/2 bun ~14 crackers 6 crackers 12 crackers 1 cracker 1/2 skin ½ muffin 1/3 cup (30 crackers) 1/4 medium 1 serving 1/2 pretzel 1/2 roll 1/2 tortilla 1/3 tortilla	1/2 bagel 1 bagel 25 gram (0.9 oz.) 1 biscuit 1 slice 1 bun ~34 crackers 12 crackers 24 crackers 2 crackers 1 skins 1 muffin 2/3 cup (60 crackers) 1/2 medium 2 servings 1 pretzel 1 roll 1 tortilla 2/3 tortilla

Group B (continued)		1-5 year olds should have a minimum weight of 13 grams (0.5 oz.)	6-18 year olds should have a minimum weight of 25grams (0.9 oz.)
Tortilla Chips (round or large) Taco shells 6" (fried corn tortilla)		6 chips (9 mini rounds) 1/2 shell	12 chips (18 mini rounds) 1 shell
Group C		1-5 year olds should have a minimum weight of 16 grams (0.6 oz.)	6-18 year olds should have a minimum weight of 31 grams (1.1 oz.)
Cornbread (2 ¼" x 1 ½") Corn Muffin Croissant Dumplings Hush Puppies (large) Pancakes (approx. 4" diameter) Pie Crust (meat/meat alternate/savory pies) Popovers (savory only) Waffles (frozen - square or round)		1 piece 1/2 muffin 1/2 croissant 1/2 serving 1/2 serving 1/2 serving 1/2 serving 1/2 popover 1/2 waffle	2 pieces 1 muffin 1 croissant 1 serving 1 serving 1 serving 1 serving 1 popover 1 waffle
Group D		1-5 year olds should have a minimum weight of 25 grams (0.9 oz.)	6-18 year olds should have a minimum weight of 50 grams (1.8 oz.)
Muffins (all except corn muffins) Quick breads		½ muffin ½ slice	1 muffin 1 slice
Group E		1-5 year olds should have a minimum weight of 31 grams (1.1 oz.)	6-18 year olds should have a minimum weight of 63 grams (2.2 oz.)
French Toast		½ slice	1 slice
Group H		The serving sizes for 1-5 year olds is ¼ cup	The serving sizes for 6-18 year olds is ½ cup
Cereal Grains (barley, quinoa, etc.) Breakfast Cereals (cooked) Bulgur or cracked wheat Corn Grits or Meal Macaroni (all shapes) Noodles, Egg (all varieties) Pasta (all shapes) Ravioli (noodles only) Rice (enriched or brown)		1/4 cup 1/4 cup 1/4 cup 1/4 cup 1/4 cup 1/4 cup 1/4 cup 1/4 cup 1/4 cup	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup
Group I	The serving sizes for 1-2 year olds is 1/4 cup or .33 ounce whichever is less	The serving sizes for 3-5 year olds is 1/3 cup or .5 ounce whichever is less	The serving sizes for 6-18 year olds is 3/4 cup or 1 ounce whichever is less
Refer to the CACFP Sugar Limits in Cereal Table			
Breakfast Cereal – cold, dry	1/4 cup	1/3 cup	3/4 cup