

CACFP Grains Chart Child Care Component

Grain items must be whole grain or enriched or made with whole-grain or enriched meal and/or flour, bran, and/or germ. For meals and snacks served to children and adults, at least one serving of grains per day must be whole grain-rich.

This chart is a guide for commonly served items. If serving an item not listed below, determine amount required (grams or ounces) per age group (1-5 or 6-18 yr olds) and use Nutrition Facts Label for purchased products, or weigh homemade items to determine the serving size.

Group A	<u>1-5 year olds</u>	<u>6-18 year olds</u>
	<u>Serving Size¹</u>	<u>Serving Size¹</u>
	Minimum weight 10 grams (0.4 oz)	Minimum weight 20 grams (0.7 oz)
Bread Sticks (hard – approx. 7 ¾")	2 sticks	3 sticks
Chow Mein Noodles	1/4 cup	1/2 cup
Crackers (saltines)	4 squares	8 squares
Crackers (large-snack-rounds, ovals, squares)	4 crackers	8 crackers
Crackers (one inch squares)	6 crackers	12 crackers
Crackers (cheese squares)	9 crackers	18 crackers
Crackers (savory - fish-shaped or similar)	25 crackers	50 crackers
Croutons	1/4 cup	1/2 cup
Melba Toast	3 slices	5 slices
Pretzels (hard-mini pretzel twists)	7 pretzels	14 pretzels
Pretzel Chips	7 chips	14 chips
Rice Cakes	1-1/2 cakes	3 cakes
Bread Stuffing (dry)	1/4 cup	1/2 cup
Wafers (rye)	2 wafers	4 wafers
Zwieback	2 pieces	3 pieces

Group B	<u>Serving Size¹</u>	<u>Serving Size¹</u>
	Minimum weight 13 grams (0.5 oz)	Minimum weight 25 grams (0.9 oz)
	Bagels (approx. 4" diameter)	1/4 bagel
Bagels (approx. 3" diameter)	1/2 bagel	1 bagel
Biscuits (approx. 2 ½" diameter)	1/2 biscuit	1 biscuit
Breads (white, wheat, whole wheat, raisin)	1/2 slice	1 slice
Buns (hamburger, hot dog)	1/2 bun	1 bun
Crackers (animal)	6 crackers	12 crackers
Crackers (graham – fish-shaped or similar)	19 crackers	37 crackers
Crackers (graham – 2 ½" x 5")	1 cracker	2 crackers
English Muffins	1/2 muffin	1 muffin
Oyster Crackers	1/3 cup (30 crackers)	2/3 cup (60 crackers)
Pita Bread (white, wheat – 6 ½ round)	1/4 medium	1/2 medium
Pizza Crust	Varies based on size***	Varies based on size***
Pretzels (soft)	1/2 pretzel	1 pretzel
Rolls (dinner, white, wheat, whole wheat, potato)	1/2 roll	1 roll
Taco Shells 6" (hard-shell corn tortilla)	1/2 shell	1 shell
Tortillas 6" (corn or wheat)	1/2 tortilla	1 tortilla
Tortillas 8" (flour)	1/3 tortilla	2/3 tortilla
Tortilla Chips (round or large)	6 chips (9 mini rounds)	12 chips (18 mini rounds)

¹ The number of items per serving are approximate amounts. Additional quantities may be needed to provide the appropriate weight for each group depending on the size of the item used.

***Amount to serve is based on the weight of the item or serving. Refer to Minimum Weight under Serving Size per group or column.

Group C	Serving Size¹ Minimum weight 16 grams (0.6 oz)	Serving Size¹ Minimum weight 31 grams (1.1 oz)
Cornbread (2 ¼" x 1 ½")	1 piece	2 pieces
Corn Muffin	1/2 muffin	1 muffin
Croissant	1/2 croissant	1 croissant
Dumplings	Varies based on size***	Varies based on size***
Hush Puppies (large)	Varies based on size***	Varies based on size***
Pancakes (approx. 4" diameter)	1/2 pancake	1 pancake
Popovers	1/2 popover	1 popover
Spoonbread	Varies based on size***	Varies based on size***
Waffles (frozen- square or round) (approx. 4")	1/2 waffle	1 waffle

Group D	Serving Size¹ Minimum weight 25 grams (0.9 oz)	Serving Size¹ Minimum weight 50 grams (1.8 oz)
Muffins (all but corn muffins)	1/2 muffin	1 muffin

Group E	Serving Size¹ Minimum weight 31 grams (1.1 oz)	Serving Size¹ Minimum weight 63 grams (2.2 oz)
French Toast	1/2 slice	1 slice

Group H	Serving Size¹ ¼ cup cooked (or 13 grams dry)	Serving Size¹ ½ cup cooked (or 25 grams dry)
Barley	1/4 cup	1/2 cup
Breakfast Cereals (cooked)	1/4 cup	1/2 cup
Bulgur (cracked wheat)	1/4 cup	1/2 cup
Corn Grits or Meal	1/4 cup	1/2 cup
Macaroni (all shapes)	1/4 cup	1/2 cup
Noodles Egg (all varieties)	1/4 cup	1/2 cup
Pasta (all shapes)	1/4 cup	1/2 cup
Ravioli (noodles only)	1/4 cup	1/2 cup
Rice (enriched or brown)	1/4 cup	1/2 cup

All breakfast cereals must be whole grain, enriched or fortified & must contain no more than **6 grams** of sugar per dry ounce

Group I	1-2 year olds	3-5 year olds	6-18 year olds
Cereals, Ready-to-eat (Wheat, corn, rice, oats, granola) ¹	The serving size is 1/4 cup or .33 ounce, whichever is less	The serving size is 1/3 cup or .5 ounce, whichever is less	The serving size is ¾ cup or 1 ounce, whichever is less

Grain-Based Desserts – NOT CREDITABLE ON CACFP

Homemade grain-based desserts made with whole-grains and/or less sugar and fat are not creditable. Items similar to those in list but with a different name (e.g. breakfast round, breakfast flat) are not creditable.

Brownies	Ice cream cones
Cake, including coffee cake and cupcakes	Pie crusts of dessert pies, cobblers, and fruit turnovers
Cereal bars, breakfast bars, granola bars, marshmallow cereal treats	Sweet biscotti/scones with fruits, chocolate, icing, etc. Sweet bread pudding and rice pudding
Cookies, including vanilla wafers and fruit-filled rolls/bars/cookies (i.e. fig)	Sweet croissants, such as chocolate-filled Sweet pita chips, such as cinnamon-sugar flavored
Doughnuts	Sweet rolls, including cinnamon rolls
Gingerbread	Toaster pastries

¹ The number of items per serving are approximate amounts. Additional quantities may be needed to provide the appropriate weight for each group depending on the size of the item used.

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