

Grain Crediting Chart for the Child and Adult Care Food Program^{1,2}

Group A	Minimum Serving Size for Group A
Bread type coating Bread sticks (hard) Chow mein noodles Savory 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
Group B	Minimum Serving Size for Group B
Bagels Batter type coating Biscuits Breads (sliced white, whole wheat, French, Italian) Buns (hamburger and hot dog) Sweet crackers (graham crackers—all shapes, animal crackers) Egg roll skins English muffins Pita bread (white, whole wheat, whole grain-rich) Pizza crust Pretzels (soft) Rolls (white, whole wheat, whole grain-rich) 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

¹ Under the Child and Adult Care Food Program (CACFP), grains are whole grain or enriched or made with enriched or whole-grain meal and/or flour, bran and/or germ. Under CACFP and for preschool (1-4 years old) meals served under the National School Lunch Program (NSLP)/School Breakfast Program (SBP), at least one serving of grains per day must meet whole grain-rich criteria.

² Beginning October 1, 2019, grain quantities in all CACFP meals/snacks and NSLP/SPB infant (0-11 months old) and preschool (1-4 years old) meals/snacks will be determined using ounce equivalents (oz eq). Some of the following foods or the accompaniments may contain more sugar, salt and/or fat than others. This should be considered when deciding how often to serve them.

Group C	Minimum Serving Size for Group C
Cornbread Corn muffins Croissants Pancakes Pie Crust (meat/meat alternate pies) Waffles Not creditable: <i>Cookies³ (plain—includes vanilla wafers)</i> <i>Pie crust (dessert pies³, cobbler³, fruit turnovers³)</i>	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	Minimum Serving Size for Group D
Muffins (all, except corn) Not creditable: <i>Doughnuts³ (cake and yeast raised, unfrosted)</i> <i>Cereal bars, breakfast bars, granola bars⁴ (plain)</i> <i>Sweet roll³ (unfrosted)</i> <i>Toaster pastry⁴ (unfrosted)</i>	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	Minimum Serving Size for Group E
French toast Not creditable: <i>Cereal bars, breakfast bars, granola bars³ (with nuts, dried fruit, and/or chocolate pieces)</i> <i>Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees)</i> <i>Doughnuts³ (cake and yeast raised, frosted or glazed)</i> <i>Sweet rolls³ (frosted)</i> <i>Toaster pastry³ (frosted)</i>	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 <i>These items are only allowed under NSLP and SBP</i>	Minimum Serving Size for Group F
Not creditable: <i>Cake³ (plain, unfrosted)</i> <i>Coffee cake³Toaster pastry³ (frosted)</i>	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

³ Considered a grain-based dessert and cannot count towards the grain component at any meal/snack served under the CACFP or infant and preschool meals served under NSLP/SBP beginning October 1, 2017, as specified in Section 226.20(a)(4) and 210.10, unless co-mingling applies (see [USDA memo SP 37-2017](#)).
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Group G <i>These items are only allowed under NSLP and SBP</i>	Minimum Serving Size for Group G
Not creditable: <i>Brownies³ (plain)</i> <i>Cake³ (all varieties, frosted)</i>	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 H	Minimum Serving Size for Group H
Cereal grains (barley, quinoa, etc.) Breakfast cereals(cooked) ^{4,5} 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 gm dry 1/2 serving = 1/4 cup cooked or 13 gm dry
Group I	Minimum Serving Size for Group I
Ready to eat breakfast cereal - (cold, dry) ^{4,5}	1 serving = 1 cup or 1 oz for flakes or rounds 1 serving = 1.25 cups or 1 oz for puffed cereal 1 serving = 1/4 cup or 1 oz for granola

⁴ Refer to program regulations for the appropriate serving size for supplements (snacks) served to children aged 1 through 5 in the NSLP; breakfast served under the SBP; and meals served to children aged 1 through 5 and adult participants in the CACFP. Ready-to-eat (RTE) breakfast cereals are only creditable toward the grains component at Breakfast and Snack. Cooked breakfast cereals are creditable toward the grains component at Breakfast, Snack, Lunch, and Supper.

⁵ Under the CACFP and for infant and preschool meals served under NSLP/SBP, cereals must be whole grain, enriched, or fortified, and must contain no more than 6 grams of sugar per dry ounce, unless co-mingling applies (see USDA memo SP 37-2017). Until October 1, 2019, CACFP operators may still use the following minimum serving sizes for any type of ready-to-eat breakfast cereal: ¼ cup for ages 1-2; ½ cup for ages 3-5; ¾ cup for ages 6-12 and 13-18; and 1 ½ cups for adults (¾ cup for adult snack).