

USDA Grain/Brad Crediting Guidance – Step #2

FCS Instruction 783.1 Rev 2: Exhibit A GRAINS/BREADS FOR THE FOOD-BASED MENU PLANNING ALTERNATIVES IN THE CHILD NUTRITION PROGRAMS^{1,2}

Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Crackers (saltines & snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	<p>1 serving – 20 gm or 0.7 oz</p> <p>³/₄ serving – 15 gm or 0.5 oz</p> <p>¹/₂ serving – 10 gm or 0.4 oz</p> <p>¹/₄ serving – 5 gm or 0.2 oz</p>
Group B	Minimum Serving Sizes for Group B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (white, wheat, whole wheat, French, Italian) • Crackers (graham crackers – all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretezels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells 	<p>1 serving – 25 gm or 0.9 oz</p> <p>³/₄ serving – 19 gm or 0.7 oz</p> <p>¹/₂ serving – 13 gm or 0.5 oz</p> <p>¹/₄ serving – 6 gm or 0.2 oz</p>
Group C	Minimum Serving Sizes for Group C
<ul style="list-style-type: none"> • Cookies³ (plain) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	<p>1 serving – 31 gm or 1.1 oz</p> <p>³/₄ serving – 23 gm or 0.8 oz</p> <p>¹/₂ serving – 16 gm or 0.6 oz</p> <p>¹/₄ serving – 8 gm or 0.3 oz</p>

¹ The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

² Some 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.

³ Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the the NSLP, SFSP, and CACFP.

⁴ Allowed 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.

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Group D	Minimum Serving Size for Group D
<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Granola bars⁴ (plain) • Muffins (all, except corn) • Sweet rolls⁴ (unfrosted) • Toaster pastries⁴ (unfrosted) 	1 serving – 50 gm or 1.8 oz ¾ serving – 38 gm or 1.3 oz ½ serving – 25 gm or 0.9 oz ¼ serving – 13gm or 0.5 oz
Group E	Minimum Serving Sizes for Group E
<ul style="list-style-type: none"> • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars⁴ • Granola bars⁴ (with nuts, raisins, chocolate pieces and/or fruit) • Sweet rolls (frosted) • Toaster pastries⁴ (frosted) 	1 serving – 63 gm or 2.2 oz ¾ serving – 47 gm or 1.7 oz ½ serving – 31 gm or 1.1 oz ¼ serving – 16 gm or 0.6 oz
Group F	Minimum Serving Sizes for Group F
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴ 	1 serving – 75 gm or 2.7 oz ¾ serving – 56 gm or 2.0 oz ½ serving – 38 gm or 1.3 oz ¼ serving – 19 gm or 0.7 oz
Group G	Minimum Serving Sizes for Group G
<ul style="list-style-type: none"> • Brownies³ (plain) • Cake⁴ (all varieties, frosted) 	1 serving – 115 gm or 4.0 oz ¾ serving – 86 gm or 3.0 oz ½ serving – 58 gm or 2.0 oz ¼ serving – 29 gm or 1.0 oz
Group H	Minimum Serving Sizes for Group H
<ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked)^{5,6} • Bulgar or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	1 serving – ½ cup cooked (or 25 gm dry)
Group I	Minimum Serving Sizes for Group I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold dry)^{5,6} 	1 serving – ¾ cup cooked or 1 oz, whichever is less

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⁴ Allowed 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.

⁵ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children age 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.

⁶ Cereals may be whole-grain, enriched, or fortified.