

Grain Ounce Equivalents for Grades K-12 in the National School Lunch Program and School Breakfast Program

The chart below shows the required amounts (ounce equivalents (oz eq)) for whole grain-rich (WGR) and enriched foods that contribute to the grains component of the U.S. Department of Agriculture’s (USDA) meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO) of the NSLP. For guidance on identifying WGR and enriched grains, see the Connecticut State Department of Education’s (CSDE) handouts, *Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP*, *Crediting Whole Grains in the NSLP and SBP*, and *Crediting Enriched Grains in the NSLP and SBP*. **Note:** At least half of the weekly grains offered at lunch and breakfast must be WGR.

This chart applies to creditable commercial grain products. It may also be used for creditable grain foods made on site, if the standardized recipe indicates the weight of the prepared (cooked) serving. For more information, see the CSDE’s handout, *Calculation Methods for Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP*.

Each grain group includes similar products based on their average grain content. Some grain products are high in sugar, salt and fat, e.g., grain-based desserts such as graham crackers, granola bars, cookies, cake, and pastries. This should be a consideration when deciding how often to serve them. Grain-based desserts are designated with the footnote 1 (allowed for lunch and breakfast) or 2 (allowed only for lunch). They cannot exceed 2 ounce equivalents per week at lunch.

Group A	Oz Eq for Group A
Bread sticks, hard Bread-type coating Chow mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry Note: weights apply to bread in stuffing	1 oz eq = 22 grams or 0.8 ounce ¾ oz eq = 17 grams or 0.6 ounce ½ oz eq = 11 grams or 0.4 ounce ¼ oz eq = 6 grams or 0.2 ounce
Group B	Oz Eq for Group B
Bagels Batter-type coating Biscuits Breads, e.g., sliced whole wheat, French, Italian Buns, hamburger and hot dog Crackers, sweet, e.g., graham crackers and animal crackers, all shapes ¹ Egg roll skins English muffins Pita bread, whole wheat or whole-grain rich Pizza crust Pretzels, soft Rolls, whole wheat or whole-grain rich Taco shells, whole wheat or whole corn Tortilla chips, whole wheat or whole corn Tortillas, whole wheat or whole corn	1 oz eq = 28 grams or 1 ounce ¾ oz eq = 21 grams or 0.75 ounce ½ oz eq = 14 grams or 0.5 ounce ¼ oz eq = 7 grams or 0.25 ounce

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Group C	Oz Eq for Group C
Cookies, plain, including vanilla wafers ² Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies ² , cobblers ² , fruit turnovers ¹ , and meat or meat alternate pies) Waffles	1 oz eq = 34 grams or 1.2 ounces $\frac{3}{4}$ oz eq = 26 grams or 0.9 ounce $\frac{1}{2}$ oz eq = 17 grams or 0.6 ounce $\frac{1}{4}$ oz eq = 9 grams or 0.3 ounce
Group D	Oz Eq for Group
Doughnuts, cake and yeast raised, unfrosted ¹ Cereal bars, breakfast bars, granola bars, plain ¹ Muffins, all except corn Sweet rolls, unfrosted ¹ Toaster pastries, unfrosted ¹	1 oz eq = 55 grams or 2 ounces $\frac{3}{4}$ oz eq = 42 grams or 1.5 ounces $\frac{1}{2}$ oz eq = 28 grams or 1.0 ounce $\frac{1}{4}$ oz eq = 14 grams or 0.5 ounce
Group E	Oz Eq for Group E
Cereal bars, breakfast bars, granola bars, with nuts, dried fruit or chocolate pieces ¹ Cookies, with fillings or coverings, nuts, raisins, chocolate pieces or fruit purees ² Doughnuts, cake and yeast raised, frosted or glazed ¹ French toast Sweet rolls, frosted ¹ Toaster pastries, frosted ¹	1 oz eq = 69 grams or 2.4 ounces $\frac{3}{4}$ oz eq = 52 grams or 1.8 ounces $\frac{1}{2}$ oz eq = 35 grams or 1.2 ounces $\frac{1}{4}$ oz eq = 18 grams or 0.6 ounce
Group F	Oz Eq for Group F
Cake, plain, unfrosted ² Coffee cake ¹	1 oz eq = 82 grams or 2.9 ounce $\frac{3}{4}$ oz eq = 62 grams or 2.2 ounce $\frac{1}{2}$ oz eq = 41 grams or 1.5 ounce $\frac{1}{4}$ oz eq = 21 grams or 0.7 ounce
Group G	Oz Eq for Group G
Brownies, plain ² Cake, all varieties, frosted ²	1 oz eq = 125 grams or 4.4 ounces $\frac{3}{4}$ oz eq = 94 grams or 3.3 ounces $\frac{1}{2}$ oz eq = 63 grams or 2.2 ounces $\frac{1}{4}$ oz eq = 32 grams or 1.1 ounces
Group H	Oz Eq for Group H
Breakfast cereals, cooked ³ Bulgur or cracked wheat Cereal grains, e.g., amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat Macaroni, all shapes Noodles, all varieties Pasta, all shapes Ravioli, noodle only Rice, brown or enriched white	1 oz eq = $\frac{1}{2}$ cup cooked or 1 ounce (28 grams) dry

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Group I	Oz Eq for Group I
Ready-to-eat (RTE) breakfast cereals (cold dry) ^{3,4}	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1¼ cups or 1 ounce for puffed cereal 1 oz eq = ¼ cup or 1 ounce for granola
<p>¹ Allowed only at lunch in the NSLP and breakfast in the SBP. The weekly total of all grain-based desserts at lunch cannot exceed 2 ounce equivalents.</p> <p>² Allowed only at lunch in the NSLP. The weekly total of all grain-based desserts at lunch cannot exceed 2 ounce equivalents.</p> <p>³ Breakfast cereals may be served in meals other than breakfast.</p> <p>⁴ RTE breakfast cereals must be WGR, enriched, or fortified. For more information, see the CSDE's handout, <i>Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP</i>:</p>	

Resources

Calculating Weekly Percentage of Whole Grain-rich Menu Items in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PercentageWGRCalculation.xlsx>

Calculation Methods for Whole Grain-Rich Ounce Equivalent for Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainCalc.pdf>

Crediting Enriched Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditEnrichedGrains.pdf>

Crediting Foods in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs>

Crediting Whole Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditWholeGrains.pdf>

CSDE Operational Memorandum No. 11-19: Weekly Whole Grain-rich (WGR) Requirement for the NSLP and SBP Meal Patterns for Grades K-12:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2019/OM11-19.pdf>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs>

Menu Planning Guide for School Meals for Grades K-12 (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP

Product Formulation Statement for Grains: Ounce Equivalents (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Documenting_Grains_oz_eq.pdf

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

Sample Completed Product Formulation Statement for Grains: Ounce Equivalents (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Sample_oz_eq.pdf

USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program: <https://www.fns.usda.gov/grain-requirements-national-school-lunch-program-and-school-breakfast-program>

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/WGRCriteria.pdf>

Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP



For more information, review the CSDE's *Menu Planning Guide for School Meals for Grades K-12* and visit the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) and [Crediting Foods in School Nutrition Programs](#) webpages, or contact the [school nutrition programs](#) staff in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainsOzEq.pdf>.

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- (3) email: program.intake@usda.gov.

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