

Grains and Breads

| GROUP A | MINIMUM SERVING SIZE FOR GROUP A |
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| <ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • 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 $\frac{3}{4}$ serving = 15 gm or 0.5 oz $\frac{1}{2}$ serving = 10 gm or 0.4 oz $\frac{1}{4}$ serving = 5 gm or 0.2 oz |
| GROUP B | MINIMUM SERVING SIZE FOR GROUP B |
| <ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (white, wheat, whole wheat, French, Italian) • Buns (hamburger and hotdog) • Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells | 1 serving = 25 gm or 0.9 oz $\frac{3}{4}$ serving = 19 gm or 0.7 oz $\frac{1}{2}$ serving = 13 gm or 0.5 oz $\frac{1}{4}$ serving = 6 gm or 0.2 oz |
| GROUP C ¹ | MINIMUM SERVING SIZE FOR GROUP C |
| <ul style="list-style-type: none"> • Cookies ² (plain) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies ², fruit turnovers ³, and meat/meat alternate pies) • Waffles | 1 serving = 31 gm or 1.1 oz $\frac{3}{4}$ serving = 23 gm or 0.8 oz $\frac{1}{2}$ serving = 16 gm or 0.6 oz $\frac{1}{4}$ serving = 8 gm or 0.3 oz |

¹ 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.

² Allowed only for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

³ Allowed for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP and CACFP.

| GROUP D | MINIMUM SERVING SIZE FOR GROUP D |
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| <ul style="list-style-type: none"> • Doughnuts³ (cake and yeast raised, unfrosted) • Granola bars³ (plain) • Muffins (all, except corn) • Sweet roll³ (unfrosted) • Toaster pastry³ (unfrosted) | 1 serving = 50 gm or 1.8 oz $\frac{3}{4}$ serving = 38 gm or 1.3 oz $\frac{1}{2}$ serving = 25 gm or 0.9 oz $\frac{1}{4}$ serving = 13 gm or 0.5 oz |
| GROUP E | MINIMUM SERVING SIZE FOR GROUP E |
| <ul style="list-style-type: none"> • Cookies² (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts³ (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars³ • Granola bars³ (with nuts, raisins, chocolate pieces and/or fruit) • Sweet rolls³ (frosted) • Toaster pastry³ (frosted) | 1 serving = 63 gm or 2.2 oz $\frac{3}{4}$ serving = 47 gm or 1.7 oz $\frac{1}{2}$ serving = 31 gm or 1.1 oz $\frac{1}{4}$ serving = 16 gm or 0.6 oz |
| GROUP F | MINIMUM SERVING SIZE FOR GROUP F |
| <ul style="list-style-type: none"> • Cake² (plain, unfrosted) • Coffee cake³ | 1 serving = 75 gm or 2.7 oz $\frac{3}{4}$ serving = 56 gm or 2 oz $\frac{1}{2}$ serving = 38 gm or 1.3 oz $\frac{1}{4}$ serving = 19 gm or 0.7 oz |
| GROUP G | MINIMUM SERVING SIZE FOR GROUP G |
| <ul style="list-style-type: none"> • Brownies² (plain) • Cake² (all varieties, frosted) | 1 serving = 115 gm or 4 oz $\frac{3}{4}$ serving = 86 gm or 3 oz $\frac{1}{2}$ serving = 58 gm or 2 oz $\frac{1}{4}$ serving = 29 gm or 1 oz |
| GROUP H | MINIMUM SERVING SIZE FOR GROUP H |
| <ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked)⁴ • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) | 1 serving = $\frac{1}{2}$ cup cooked (or 25 gm dry) |
| GROUP I | MINIMUM SERVING SIZE FOR GROUP I |
| <ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold dry)⁴ | 1 serving = $\frac{3}{4}$ cup or 1 oz, whichever is less |

⁴ 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 ages 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.