



Grains/Breads List for the School Lunch Program/School Breakfast Program¹

To use this list: Weigh the finished product. Find the “Group” the product is in. Divide the weight of the product by the weight of 1 serving for that “Group” to get the number of grain/bread servings it provides toward the daily/weekly requirement. Round DOWN to the nearest ¼ serving (.25 = ¼, .50 = ½, .75 = ¾). For example: Blueberry Muffin (Group D) weighs 3 oz ÷ 1.8 = 1.66 rounded down = 1.5 or 1 ½ grain/bread servings.

Each “1 serving” size of each “Group” provides 14.75 grams of flour. Serving sizes get larger because some of the foods contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.

Group A	Minimum Serving Size for Group A
Breading Type Coating Bread Sticks - hard Chow Mein Noodles Crackers - saltines and snack crackers Croutons Pretzels - hard Stuffing - dry (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 - white, wheat, whole wheat, French, Italian Buns - hamburger, hot dog Chips – tortilla/taco or others made from corn or wheat Cinnamon Rolls ONLY IF homemade from bread dough Crackers - graham (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 – flour (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
Group C	Minimum Serving Size for Group C
Cookies – plain ² Cornbread Corn Muffins Croissants Pancakes Pie Crust - dessert pies ² , fruit turnovers ³ , main dish pies Waffles – purchased or homemade	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
Doughnuts - cake and yeast, raised, unfrosted ³ Granola Bars – plain ³ Muffins - all except corn Sweet Rolls – unfrosted ³ Toaster Pastry - unfrosted ³	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
Cookies - with nuts, raisins, chocolate pieces and/or fruit purees ² Doughnuts - cake and yeast, raised, frosted or glazed ³ French Toast Grain Fruit Bars ³ Granola Bars - with nuts, raisins, chocolate pieces and/or fruit Sweet Rolls - frosted ³ Toaster Pastry - frosted ³		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		Minimum Serving Size for Group F
Cake - plain, unfrosted ² Coffee Cake ³		1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
Group G		Minimum Serving Size for Group G
Brownies - plain ² Bars - without oatmeal (e.g. pumpkin, applesauce, etc) ² Cake - all varieties, frosted ² Cereal Bars ²		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
Barley Breakfast Cereals - cooked Bulgur or Cracked Wheat or Oatmeal Macaroni - all shapes Noodles - all varieties Pasta - all shapes Ravioli - noodles only Rice - enriched white or brown		1 serving = 1/2 cup cooked or 25 gm dry (0.9 oz) 1/2 serving = 1/4 cup cooked or 13 gm dry (0.5 oz)
Group I		Minimum Serving Size for Group I
Breakfast Cereal - cold/dry		1 serving = 1 oz or 3/4 cup, whichever is less 1/2 serving = .5 oz or 1/3 cup, whichever is less
Nebraska Grains/Breads Additions		
Item	Typical Serving Size*	Grains/Breads Credit**
Bars - without oatmeal with chocolate chips, icing, nuts, etc. ² Bars - with oatmeal, plain ² Bars - with oatmeal, chocolate chips, icing, etc. Fruit Breads (banana, peach, etc) ³ Fruit Cobblers or Crisps ² No Bake Oatmeal Cookies ²	2 oz 2 oz 2 oz 2 oz 1/2 cup 1 1/4 oz *Other serving sizes may be used.	1/4 3/4 1/2 3/4 1/2 1/2 **Calculating grains/breads credit from a recipe may result in higher credit.

¹Adapted from Exhibit A, FNS Instruction 783-1, Rev. 2

²Allowed for desserts only under the Enhanced Food-Based Menu Planning Option specified in 210.10 and supplements (snacks) served under the National School Lunch Program, Summer Food Service Program, and Child and Adult Care Food Program.

³Allowed for desserts under the Enhanced Food-Based Menu Planning Option specified in 210.10, supplements (snacks), and breakfast served under the National School Lunch Program, Summer Food Service Program, and Child and Adult Care Food Program.

Crediting Grains and Breads...Rice and Pasta Count Too!

It is important to know how recipes contribute toward the grains/breads component. The appearance of serving sizes can be deceptive, so guessing just does not work! Group H of the *Grains/Breads List for the School Lunch Program* shows us how to credit pastas and rice. It shows a full or half serving as follows:

- 1 grains/breads serving = 1/2 cup cooked or 25 grams dry (0.9 oz.)
- 1/2 grains/breads serving = 1/4 cup cooked or 13 grams dry (0.5 ounces)

Plain, cooked products are credited by volume. For example:

- 1/2 cup steamed rice provides 1 grains/breads serving
- 1 cup spaghetti noodles provides 2 grains/breads servings

Mixed dishes such as macaroni salad cannot be credited by volume because a 2 cup serving of macaroni salad contains vegetables and salad dressing. Lasagna contains noodles plus tomatoes, ground beef, and cheese. The pasta in these items cannot be measured once they are combined with other ingredients. Usually, dry pasta or rice is added to a recipe. To determine how many g/b servings are in a portion of these menu items we have to do some basic calculations. You must know the portion size and exactly how many portions a recipe makes. After you have done the calculations, be sure to write the information on the recipe card and the "Custom" Meal Pattern Contribution Chart.

Example 1: Macaroni Salad:

The recipe calls for 2 lbs. of macaroni for 50-1/2 cup servings.

- 1. Convert dry weight to ounces (16 oz = 1 lb.) 2 lbs. x 16 oz/lb. = 32 oz. macaroni
- 2. Divide total ounces by number of servings 32 oz / 50 servings = 0.64 oz dry macaroni/serving
- 3. Divide oz of dry pasta by 0.9 oz (weight of 1 g/b serving) 0.64 oz / 0.9 oz = 0.71 g/b servings per portion

Answer: Referring to the *Grains/Breads List*, 0.71 g/b serving is less than 0.75 (or 3/4) g/b serving and more than 0.5 (or 1/2) g/b serving; therefore, each 1/2 cup contributes 1/2 serving of g/b to the meal.

Example 2: Lasagna:

The recipe calls for 2 lb. 4 oz of lasagna noodles for 60 - 6 oz. servings.

- 1. Convert dry weight to ounces (16 oz = 1 lb.) 2 lbs. x 16 oz/lb. = 32 oz + 4 oz = 36 oz
- 2. Divide total ounces by number of servings 36 oz / 60 servings = 0.6 oz dry noodles per serving
- 3. Divide oz of dry pasta by 0.9 oz (weight of 1 g/b serving) 0.6 oz / 0.9 oz = .67 g/b servings per portion

Answer: Referring to the *Grains/Breads List*, 0.67 g/b servings is less than 0.75 (or 3/4) g/b serving and more than 0.5 (or 1/2) g/b serving; therefore, each serving of lasagna contributes 1/2 serving of g/b to the meal.

Example 3: Chicken Rice Soup

The recipe calls for 10 oz of dry rice for 50-8 fluid ounce servings.

- 1. Convert dry weight to ounces (16 ounces = 1 lb.) 10 ounces of rice was used
- 2. Divide total ounces by number of servings 10 oz / 50 servings = 0.2 ounces dry rice per serving
- 3. Divide oz of dry rice by 0.9 oz (weight of 1 g/b serving) 0.2 oz / 0.9 oz = 0.22 g/b servings per portion

Answer: Referring to the *Grains/Breads List*, 0.22 g/b servings is less than .25 (or 1/4) g/b serving. Since 1/4 g/b serving is the smallest contribution to the meal pattern, each 8 oz bowl of soup contributes 0 g/b servings to the meal.

Example 4: Rice Pudding

Now you try! A rice pudding recipe calls for 1 lb. of rice for 50 - 1/2 cup servings. Use the three basic steps and check your answers below.

Answer:

- 1. 16 ounces of rice was used
- 2. 16 ounces / 50 servings = 0.32 oz. of dry rice per serving
- 3. 0.32 oz / 0.9 = 0.35 g/b servings per portion

Referring to the *Grains/Breads List*, 0.35 g/b serving is more than .25 (or 1/4) g/b serving and less than 0.5 (or 1/2) g/b serving; therefore, each 1/2 cup serving of rice pudding contributes 1/4 g/b serving to the meal.