

Grains - Breads Chart *

Crediting Whole-Grain Rich Products for School Meal Programs

All grain/bread items served must meet the USDA definition of “whole-grain-rich” (WGR). A WGR product is a food that contains at least 50% or more whole grain or a 50% or more blend of whole grains/whole meal & enriched flour/meal. ^{1 2}

This chart is used to determine how grain/bread items credit toward the meal pattern and the portion sized needed to credit as 1 grain serving or 1 ounce equivalent (oz eq). There are 16 grams (gm) of creditable grain ingredients in 1 oz eq.

	Grain Item	Portion Size		Credits As
		Ounces	Grams	
Group A	• Bread type coating	0.8 oz	22 gm	1 oz eq
	• Bread sticks (hard)			
	• Chow Mein noodles	0.6 oz	17 gm	¾ oz eq oz
	• Savory Crackers (snack crackers & ~ 8 saltines = 0.8 oz)	0.4 oz	11 gm	½ oz eq oz
	• Croutons (~ ½ cup = 0.8 oz)	0.2 oz	6 gm	¼ oz eq oz
	• Pretzels (hard)			
	• Stuffing (dry, note - weight applies to bread in stuffing)			
Group B	• Bagels			
	• Batter type coating			
	• Biscuits	1.0 oz	28 gm	1 oz eq
	• Breads (sliced whole wheat, French, Italian)			
	• Buns (hamburger & hot dog)	0.75 oz	21 gm	¾ oz eq oz
	• Sweet Crackers ⁴ (all shapes, animal crackers, & ~ 4 graham crackers)	0.5 oz	14 gm	½ oz eq oz
	• Egg roll skins	0.25 oz	7 gm	¼ oz eq oz
	• English muffins			
	• Pita bread (whole wheat or WGR)			
	• Pizza crust			
	• Pretzels (soft)			
	• Rolls (whole wheat or WGR)			
	• Tortillas (whole wheat or whole corn)			
• Tortilla chips (whole wheat or whole corn)				
• Taco shells (whole wheat or whole corn ~ 2 hard shells)				
Group C	• Cookies ³ (plain - includes vanilla wafers)	1.2 oz	34 gm	1 oz eq
	• Cornbread	0.9 oz	26 gm	¾ oz eq oz
	• Corn muffins	0.6 oz	17 gm	½ oz eq oz
	• Croissants			
	• Pancakes	0.3 oz	9 gm	¼ oz eq oz
	• Pie crust (dessert pie ³ , cobbler ³ , turnover ⁴ , & meat pies)			
	• Waffles			
Group D	• Doughnuts ⁴ (cake and yeast raised, unfrosted)	2.0 oz	55 gm	1 oz eq
	• Cereal bars, breakfast bars, granola bars ⁴ (plain)	1.5 oz	42 gm	¾ oz eq oz
	• Muffins (all, except corn)	1.0 oz	28 gm	½ oz eq oz
	• Sweet roll ⁴ (unfrosted)			
	• Toaster pastry ⁴ (unfrosted)	0.5 oz	14 gm	¼ oz eq oz

* Adapted from SP 30-2012 (4/26/2012) Grain Requirements for the National School Lunch Program and School Breakfast Program, Exhibit A.

¹ The quantities for Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal &/or enriched flour to be considered whole-grain-rich (WGR).

² Some may contain more sugar, salt, &/or fat than others. This should be considered when deciding how often they are served.

³ Allowed only as dessert at lunch as specified in 7CFR 210.10.

⁴ Allowed for breakfast and also as dessert at lunch as specified in 7CFR 210.10.



	Grain Item	Portion Size		Credits As
		Ounces	Grams	
Group E	<ul style="list-style-type: none"> Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, &/or chocolate pieces) Cookies³ (with nuts, raisins, chocolate pieces &/or fruit purees) Doughnuts⁴ (cake & yeast raised, frosted or glazed) French toast Sweet rolls⁴ (frosted) Toaster pastry⁴ (frosted) 	2.4 oz	69 gm	1 oz eq
		1.8 oz	52 gm	¾ oz eq oz
		1.2 oz	35 gm	½ oz eq oz
		0.6 oz	18 gm	¼ oz eq oz
Group F	<ul style="list-style-type: none"> Cake³ (plain, unfrosted) Coffee cake⁴ 	2.9 oz	82 gm	1 oz eq
		2.2 oz	62 gm	¾ oz eq oz
		1.5 oz	41 gm	½ oz eq oz
		0.7 oz	21 gm	¼ oz eq oz
Group G	<ul style="list-style-type: none"> Brownies³ (plain) Cake³ (all varieties, frosted) 	4.4 oz	125 gm	1 oz eq
		3.3 oz	94 gm	¾ oz eq oz
		2.2 oz	63 gm	½ oz eq oz
		1.1 oz	32 gm	¼ oz eq oz
Group H	<ul style="list-style-type: none"> Cereal Grains (barley, quinoa, etc) Hot breakfast cereal (cooked)⁵ Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (brown or 50/50 brown & enriched white mix) 	½ cup cooked		1 oz eq
		1 oz dry		
		28 gm dry		
Group I	<ul style="list-style-type: none"> Cold breakfast cereal (dry) Cereals must list a whole grain as the first ingredient and must be fortified.⁵ 	1 cup flake cereal		1 oz eq
		¼ cup granola		
		1¼ cup puffed cereal		

³ Allowed only as dessert at lunch as specified in 7CFR 210.10.

⁴ Allowed for breakfast and also as dessert at lunch as specified in 7CFR 210.10.

⁵ Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the NSLP; 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.

Terms that mean WGR:

100% Whole wheat
Whole wheat flour
Whole corn, Whole corn meal
Whole oats, Whole ground oat flour
Whole grain rice
Brown Rice

Terms that DO NOT mean WGR:

Enriched flour
"Made with whole wheat"
Wheat
Corn
Rice
Bran

What does "Multi-Grain" mean?

Don't confuse "multi-grain" with "whole grain". Multi-grain simply means that the product was made with a mix of different grains such as rice and corn, but does not tell you if the rice &/or corn was whole rice or whole corn. The Whole Grain Stamp can help identify 100% whole grain or WGR foods (made with ≥ 50% whole grains).

