

CACFP Grain Serving Sizes^{1,2}

Group A	Ounce Equivalent – Group A
Bread type coating Bread sticks (hard) Chow Mein noodles Savory crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread stuffing	1 oz eq = 22 gm or .8 oz $\frac{3}{4}$ oz eq = 17 gm or 0.6 oz $\frac{1}{2}$ oz eq = 11 gm or 0.4 oz $\frac{1}{4}$ oz eq = 6 gm or 0.2 oz
Group B	Ounce Equivalent – Group B
Bagels Batter type coating Biscuits Breads (white, whole wheat, French, Italian) Buns (hamburger and hot dog) Egg roll skins English muffins Pita bread (white, whole-wheat, whole grain-rich) Pizza crust Pretzels (soft) Rolls (white, whole-wheat, whole grain-rich) Sweet Crackers (Animal or graham crackers only) Tortillas (wheat or corn) Tortilla chips (wheat or corn) Taco shells	1 oz eq = 28 gm or 1.0 oz $\frac{3}{4}$ oz eq = 21 gm or 0.75 oz $\frac{1}{2}$ oz eq = 14 gm or 0.5 oz $\frac{1}{4}$ oz eq = 7 gm or 0.25 oz
Group C	Ounce Equivalent – Group C
Cornbread Corn muffins Croissants Pancakes Pie crust (Meat/Meat alternate pies only) Waffles	1 oz eq = 34 gm or 1.2 oz $\frac{3}{4}$ oz eq = 26 gm or 0.9 oz $\frac{1}{2}$ oz eq = 17 gm or 0.6 oz $\frac{1}{4}$ oz eq = 9 gm or 0.3 oz
Group D	Ounce Equivalent – Group D
Muffins (all, except corn) Quick breads (banana, zucchini, pumpkin, etc.)	1 oz eq = 55 gm or 2.0 oz $\frac{3}{4}$ oz eq = 42 gm or 1.5 oz $\frac{1}{2}$ oz eq = 28 gm or 1.0 oz $\frac{1}{4}$ oz eq = 14 gm or 0.5 oz
Group E	Ounce Equivalent – Group E
French toast	1 oz eq = 69 gm or 2.4 oz $\frac{3}{4}$ oz eq = 52 gm or 1.8 oz $\frac{1}{2}$ oz eq = 35 gm or 1.2 oz $\frac{1}{4}$ oz eq = 18 gm or 0.6 oz
Group F ³	
Grains listed in this category are not allowed in CACFP.	

Group G³	
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Group H	Ounce Equivalent – Group H
Cereal grains (barley, quinoa, etc.) Breakfast cereals (cooked) ^{4,5} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)	1 oz serving = ½ cup cooked or 1 oz dry (28 gm)
Group I	Ounce Equivalent – Group I
Ready to eat breakfast cereal (cold, dry) ^{4,5}	1 oz eq = 1 cup or 1 ounce for flakes & rounds 1 oz eq = 1 ¼ cup or 1 ounce puffed cereal 1 oz eq = ¼ cup or 1 ounce granola

- ¹⁻ Under the CACFP, the following foods are whole grain or enriched or made with enriched or whole grain meal and/or flour, bran, and/or germ. For meals and snacks served to children and adults, at least one serving of grains per day in the CACFP must be whole-grain rich starting October 1, 2017.
- ²⁻ Some the following foods, or the accompaniments, many contain more sugar, salt and/or fat than others. This should be considered when deciding how often to serve them.
- ³⁻ Considered a grain-based dessert and cannot count towards the grain component at any meal served under the CACFP effective October 1, 2017, as specified in §226.20(a)(4).
- ⁴⁻ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast 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.
- ⁵⁻ Under the CACFP, cereal must be whole grain, enriched, or fortified and must contain no more than 6 grams of sugar per dry ounce. Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. **Beginning October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.**