

## Grains/Breads Requirement for Child Care Food Program

Refer to *A Guide to Crediting Foods* regarding criteria for determining acceptable Grains/Breads and minimum serving sizes.

### Exhibit A – Grains/Breads for the Food Based Alternatives on the Child Nutrition Programs<sup>1</sup>

<b>Group A</b>	<b>Minimum Serving Size for Group A</b>
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 = 20gm or 0.7 oz. ¾ serving = 15 gm or 0.5 oz. ½ serving = 10 gm or 0.4 oz. ¼ serving = 5 gm or 0.2 oz.
<b>Group B</b>	<b>Minimum Serving Size for Group B</b>
Bagels Batter Type Coating Biscuits Breads (white, wheat, whole wheat, French, Italian) Buns (hamburger and hot dog) Crackers (graham crackers - all shapes, animal crackers) Egg Roll Skins, Won Ton Wrappers English Muffins Pita Bread (white, wheat, whole wheat) Pizza Crust Pretzels (soft) Rolls (white, wheat, whole wheat, potato) Tortillas (wheat or corn) Tortilla Chips (enriched or whole grain) Taco Shells	1 serving = 25gm or 0.9 oz. ¾ serving = 19 gm or 0.7 oz. ½ serving = 13 gm or 0.5 oz. ¼ serving = 6 gm or 0.2 oz.
<b>Group C</b>	<b>Minimum Serving Sizes for Group C</b>
Cookies <sup>2</sup> (plain) Cornbread Corn Muffins Croissants Pancakes Pie Crust (dessert pies <sup>2</sup> , fruit turnovers <sup>3</sup> , and meat/alternate pies) Waffles	1 serving = 31gm or 1.1 oz. ¾ serving = 23 gm or 0.8 oz. ½ serving = 16 gm or 0.6 oz. ¼ 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 supplements (snacks) served under the CCFP.
3. Allowed only for supplements (snacks) served under the CCFP and for breakfasts served under the CCFP.
4. Refer to program regulations for the appropriate serving size for snacks and meals served to children ages 1 through 5 in the CCFP. Breakfast cereals are traditionally served as a breakfast item but may be served in meals other than breakfast.

## EXHIBIT A (continued)

<b>Group D</b>	<b>Minimum Serving Size for Group D</b>
Doughnuts <sup>3</sup> (cake and yeast raised, unfrosted) Granola Bars <sup>3</sup> (plain) Muffins/Quick Breads (all except corn) Sweet Roll <sup>3</sup> (unfrosted) Toaster Pastry <sup>3</sup> (unfrosted)	1 serving = 50 gm or 1.8 oz. ¾ serving = 38 gm or 1.3 oz. ½ serving = 25 gm or .9 oz. ¼ serving = 13 gm or 0.5 oz.
<b>Group E</b>	<b>Minimum Serving Size for Group E</b>
Cookies <sup>2</sup> (with nuts, raisins, chocolate pieces, and/or fruit purees) Doughnuts <sup>3</sup> (cake and yeast raised, frosted, or glazed) French Toast Grain Fruit Bars <sup>3</sup> Granola Bars <sup>3</sup> (with nuts, raisins, chocolate pieces, and/or fruit) Sweet Rolls <sup>3</sup> (frosted) Toaster Pastry (frosted)	1 serving = 63gm or 2.2 oz. ¾ serving = 47 gm or 1.7 oz. ½ serving = 31 gm or 1.1 oz. ¼ serving = 16 gm or 0.6 oz.
<b>Group F</b>	<b>Minimum Serving Size for Group F</b>
Cake <sup>2</sup> (plain, unfrosted) Coffee Cake <sup>3</sup>	1 serving = 75 gm or 2.7 oz. ¾ serving = 56 gm or 2.0 oz. ½ serving = 38 gm or 1.3 oz. ¼ serving = 19 gm or 0.7 oz.
<b>Group G</b>	<b>Minimum Serving Size for Group G</b>
Brownies <sup>2</sup> (plain) Cake <sup>2</sup> (all varieties, frosted)	1 serving = 115 gm or 4 oz. ¾ serving = 86 gm or 3 oz. ½ serving = 58 gm or 2 oz. ¼ serving = 29 gm or 1 oz.
<b>Group H</b>	<b>Minimum Serving Size for Group H</b>
Barley Breakfast Cereals <sup>4</sup> (cooked) Bulgur or Cracked Wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)	1 serving = ½ cup cooked (or 25 gm dry)
<b>Group I</b>	<b>Minimum Serving Size for Group I</b>
Ready to eat breakfast cereal <sup>4</sup> (cold, dry)	1serving = ¾ cup or 1 oz, whichever is less

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3. Allowed only for snacks and for breakfasts served under the CCFP.
4. Refer to program regulations for the appropriate serving size for snacks and meals served to children ages 1 through 5 in the CCFP. Breakfast cereals are traditionally served as a breakfast item but may be served in meals other than breakfast.

**Note: Only ready-to-eat breakfast cereals with 10 grams of sugar or less per serving as stated on the Nutrition Facts label on the cereal box are allowed under the CCFP.**