



USDA REQUIREMENTS

To be considered whole grain-rich, the following foods 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 and/or enriched flour. Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them. Be sure to check if a product meets the Massachusetts School Nutrition Standards for Competitive Foods and Beverages at www.johnstalkerinstitute.org/alist.

GROUP A 1 oz eq = 22 g or 0.8 oz • 3/4 oz eq = 17 g or 0.6 oz • 1/2 oz eq = 11 g or 0.4 oz • 1/4 oz eq = 6 g or 0.2 oz

- 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 in stuffing.

GROUP B 1 oz eq = 28 g or 1.0 oz • 3/4 oz eq = 21 g or 0.75 oz • 1/2 oz eq = 14 g or 0.5 oz • 1/4 oz eq = 7 g or 0.25 oz

- Bagels
- Batter type coating
- Biscuits
- Breads (sliced whole wheat, French, Italian)
- Buns (hamburger and hot dog)
- Sweet Crackers¹ (graham crackers - all shapes, animal crackers)
- Egg roll skins
- English muffins
- Pita bread (whole wheat or whole grain-rich)
- Pizza crust
- Pretzels (soft)
- Rolls (whole wheat or whole grain-rich)
- Tortillas (whole wheat or whole corn)
- Tortilla chips (whole wheat or whole corn)
- Taco shells (whole wheat or whole corn)

GROUP C 1 oz eq = 34 g or 1.2 oz • 3/4 oz eq = 26g or 0.9 oz • 1/2 oz eq = 17 g or 0.6 oz • 1/4 oz eq = 9 g or 0.3 oz

- Cookies² (plain - includes vanilla wafers)
- Cornbread
- Corn muffins
- Croissants
- Pancakes
- Pie crust (dessert pies², cobbler², fruit turnovers¹, and meat/meat alternate pies)
- Waffles

Adapted from:<http://www.fns.usda.gov/sites/default/files/SP30-2012os.pdf>



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GROUP D 1 oz eq = 55 g or 2.0 oz • 3/4 oz eq = 42 g or 1.5 • 1/2 oz eq = 28 g or 1.0 oz • 1/4 oz eq = 14 g or 0.5 oz

- Doughnuts¹
(cake and yeast raised, unfrosted)
- Cereal bars, breakfast bars, granola bars² (plain)
- Muffins (all, except corn)
- Sweet roll² (unfrosted)
- Toaster pastry² (unfrosted)

GROUP E 1 oz eq = 69 g or 2.4 oz • 3/4 oz eq = 52 g or 1.8 oz • 1/2 oz eq = 35 g or 1.2 oz • 1/4 oz eq = 18 g or 0.6 oz

- Cereal bars, breakfast bars, granola bars¹ (with nuts, dried fruit, and/or chocolate pieces)
- Cookies² (with nuts, raisins, chocolate pieces and/or fruit purees)
- Doughnuts² (cake and yeast raised, frosted or glazed)
- French toast
- Sweet rolls¹ (frosted)
- Toaster pastry¹ (frosted)

GROUP F 1 oz eq = 82 g or 2.9 oz • 3/4 oz eq = 62 g or 2.2 oz • 1/2 oz eq = 41 g or 1.5 oz • 1/4 oz eq = 21 g or 0.7 oz

- Cake² (plain, unfrosted)
- Coffee cake¹

GROUP G 1 oz eq = 125 g or 4.4 oz • 3/4 oz eq = 94 g or 3.3 oz • 1/2 oz eq = 63 g or 2.2 oz • 1/4 oz eq = 32 g or 1.1 oz

- Brownies² (plain)
- Cake² (all varieties, frosted)

GROUP H 1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry

- Cereal Grains
(barley, quinoa, etc.)
- Breakfast cereals (cooked)³
- Bulgur or cracked wheat
- Macaroni (all shapes)
- Noodles (all varieties)
- Pasta (all shapes)
- Ravioli (noodle only)
- Rice (enriched white or brown)

GROUP I 1 oz eq = 1 cup or 1 ounce flakes & rounds • 1 oz eq = 1.25 cups or 1 ounce puffed cereal

1 oz eq = 1/4 cup or 1 ounce granola

- Ready to eat breakfast cereal (cold, dry)³



USDA REQUIREMENTS

1. Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.
2. Allowed only as dessert at lunch as specified in §210.10.
3. Cereals must be whole-grain, or whole grain and enriched or fortified cereal. Refer to program regulations for the appropriate serving size for supplements served to children aged 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.