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| <b>F</b> ood &<br><b>C</b> onsumer<br><b>S</b> ervice | <b>FCS INSTRUCTION</b>  | NUMBER<br>783-1<br>REV. 2 |
|   | U.S. DEPARTMENT OF AGRICULTURE<br>3101 PARK CENTER DRIVE<br>ALEXANDRIA, VA 22302-1500 |                           |

ACTION BY: Regional Directors  
 Nutrition and Technical Services  
 Special Nutrition Programs

SOURCE CITATION: Sections 210.10, 210.10a, 220.8, 220.8a, 225.16, and 226.20

The Grains/Breads Requirement for the Food-Based Menu Planning Alternatives  
 in the Child Nutrition Programs

The food-based menu planning alternatives in the Child Nutrition Programs (i.e., the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP)) contain a requirement that all meals offered include grains/breads or bread/bread alternate food item(s), hereafter termed "grains/breads." Program regulations set forth the minimum quantities of grains/breads required for breakfasts, lunches, suppers and supplements (snacks) to be reimbursable. This Instruction sets forth the criteria to be used to determine acceptable grains/breads, the criteria to be used to determine equivalent minimum serving sizes, and examples of foods that qualify as grains/breads for meals served under the food-based menu planning alternatives in all Child Nutrition Programs.

**I CRITERIA FOR DETERMINING ACCEPTABLE GRAINS/BREADS UNDER THE FOOD-BASED MENU PLANNING ALTERNATIVES**

The following criteria are to be used as a basis for crediting items to meet the grains/breads requirement under the food-based menu planning alternatives:

**A** All grains/breads items must be enriched or whole-grain, made from enriched or whole-grain meal or flour, or if it is a cereal, the product must be whole-grain, enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.

**B** The label must indicate that the product is enriched or whole-grain; made from enriched or whole-grain meal or flour as well as bran and/or germ; or fortified. If it is enriched, the item

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| DISTRIBUTION:<br>5, 6, 11, 12, 16 | MANUAL MAINTENANCE INSTRUCTIONS:<br>Remove FNS Instruction 783-1, Rev. 1, and 783-12 from Manual. Insert this Instruction. | RESPONSIBLE FOR PREPARATION AND MAINTENANCE:<br>NTSD-100 | Page 1<br>1-8-97 |
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FORM FNS-620 (3-95) Previous editions obsolete

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must meet the Food and Drug Administration's Standards of Identity (21 CFR §136, §137, §139) for enriched bread, macaroni and noodle products, rice, or cornmeal.

C The item must be provided in quantities specified in the regulations. One-quarter (1/4) of a serving is the smallest amount allowable to be credited toward the minimum quantities of grains/breads specified in program regulations.

## II CRITERIA FOR DETERMINING EQUIVALENT MINIMUM SERVING SIZES

Exhibit A, attached, contains the equivalent minimum serving sizes for a wide variety of purchased food items.

In lieu of using the minimum serving sizes listed in Exhibit A, the contribution of a grains/breads in a recipe may be calculated to determine the number of grains/breads servings the recipe provides. The crediting of a food item as a grains/breads serving is determined by the total amount of enriched or whole-grain meal and/or flour in the recipe divided by the number of servings the recipe yields. Bran and germ are calculated in the same manner as enriched or whole-grain meal and flour.

For the types of food items listed in Groups A-G of Exhibit A to count as one full serving, an item must contain no less than 14.75 grams (0.52 ounces) of enriched or whole-grain meal and/or flour. For the types of food items listed in Groups H and I of Exhibit A to count as one full serving, the weights and volumes listed therein must be used.

## III FOODS THAT QUALIFY AS GRAINS/BREADS

Foods that qualify as grains/breads for the Child Nutrition Programs are foods that are enriched or whole-grain or made from enriched or whole-grain meal or flour. Bran and germ are credited the same as enriched or whole-grain meal or flour. Such foods include, but are not limited to'

A **Breads** that are enriched or whole-grain.

B **Biscuits, bagels, rolls, tortillas, muffins, or crackers** made with enriched or whole-grain meal or flour.

C **Cereal grains (cooked) such as rice, bulgur, oatmeal, corn grits, wheat or couscous** that are enriched or whole-grain.

D **Ready-to-eat breakfast cereals** that are enriched, whole-grain, or fortified.

E **Cereals or bread products that are used as an ingredient in another menu item such as crispy rice treats, oatmeal cookies or breading on fish or poultry** when they are enriched, whole-grain, or fortified.

F **Macaroni or noodle products (cooked)** made with enriched or whole-grain flour. Program regulations for the NSLP and the SFSP allow enriched macaroni products that have been fortified with protein to be counted to meet either a grains/breads or meat/meat alternate requirement but not as both in the same meal.

G **Sweet foods such as master pastries, coffee cake, doughnuts, sweet rolls, cookies, cakes, or formulated -main-fruit products (authorized under Appendix A of 7 CFR part 220)** when made with enriched or whole-grain meal or flour and served, as permitted under Exhibit A. When sweet foods are permitted, no more than 1 grains/breads serving per day may be a dessert and sweet snack foods should not be served as part of a snack more than twice a week.

H **Pie crust** when made with enriched or whole-grain meal or flour and served, as permitted under Exhibit A.

I **Non-sweet snack' products such as hard pretzels, hard bread sticks, and chips** made from enriched or whole-grain meal or flour.



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Attachment

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GRAINS/BREADS FOR THE FOOD-BASED MENU PLANNING ALTERNATIVES  
 IN THE CHILD NUTRITION PROGRAMS <sup>1</sup>

| GROUP A   | MINIMUM SERVING SIZE FOR GROUP A  |
|---|---|
| <ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mein noodles</li> <li>• Crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry) Note: weights apply to bread in stuffing</li> </ul>  | 1 serving = 20 gm or 0.7 oz<br>¾ serving = 15 gm or 0.5 oz<br>½ serving = 10 gm or 0.4 oz<br>¼ serving = 5 gm or 0.2 oz |
| GROUP B   | MINIMUM SERVING SIZE FOR GROUP B  |
| <ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (white, wheat, whole wheat, French, Italian)</li> <li>• Buns (hamburger and hotdog)</li> <li>• Crackers (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (white, wheat, whole wheat)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (white, wheat, whole wheat, potato)</li> <li>• Tortillas (wheat or corn)</li> <li>• Tortilla chips (wheat or corn)</li> <li>• Taco shells</li> </ul> | 1 serving = 25 gm or 0.9 oz<br>¾ serving = 19 gm or 0.7 oz<br>½ serving = 13 gm or 0.5 oz<br>¼ serving = 6 gm or 0.2 oz |
| GROUP C   | MINIMUM SERVING SIZE FOR GROUP C  |
| <ul style="list-style-type: none"> <li>• Cookies <sup>2</sup> (plain)</li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies <sup>2</sup>, fruit turnovers <sup>3</sup>, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>   | 1 serving = 31 gm or 1.1 oz<br>¾ serving = 23 gm or 0.8 oz<br>½ serving = 16 gm or 0.6 oz<br>¼ serving = 8 gm or 0.3 oz |

<sup>1</sup> 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.

<sup>2</sup> Allowed only for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

<sup>3</sup> Allowed for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP and CACFP.

| <b>GROUP D</b>  | <b>MINIMUM SERVING SIZE FOR GROUP D</b>  |
|---|--|
| <ul style="list-style-type: none"> <li>• Doughnuts <sup>3</sup> (cake and yeast raised, unfrosted)</li> <li>• Granola bars <sup>3</sup> (plain)</li> <li>• Muffins (all, except corn)</li> <li>• Sweet roll <sup>3</sup> (unfrosted)</li> <li>• Toaster pastry <sup>3</sup> (unfrosted)</li> </ul>  | 1 serving = 50 gm or 1.8 oz<br>$\frac{3}{4}$ serving = 38 gm or 1.3 oz<br>$\frac{1}{2}$ serving = 25 gm or 0.9 oz<br>$\frac{1}{4}$ serving = 13 gm or 0.5 oz |
| <b>GROUP E</b>  | <b>MINIMUM SERVING SIZE FOR GROUP E</b>  |
| <ul style="list-style-type: none"> <li>• Cookies <sup>2</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>• Doughnuts <sup>3</sup> (cake and yeast raised, frosted or glazed)</li> <li>• French toast</li> <li>• Grain fruit bars <sup>3</sup></li> <li>• Granola bars <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>• Sweet rolls <sup>3</sup> (frosted)</li> <li>• Toaster pastry <sup>3</sup> (frosted)</li> </ul> | 1 serving = 63 gm or 2.2 oz<br>$\frac{3}{4}$ serving = 47 gm or 1.7 oz<br>$\frac{1}{2}$ serving = 31 gm or 1.1 oz<br>$\frac{1}{4}$ serving = 16 gm or 0.6 oz |
| <b>GROUP F</b>  | <b>MINIMUM SERVING SIZE FOR GROUP F</b>  |
| <ul style="list-style-type: none"> <li>• Cake <sup>2</sup> (plain, unfrosted)</li> <li>• Coffee cake <sup>3</sup></li> </ul>  | 1 serving = 75 gm or 2.7 oz<br>$\frac{3}{4}$ serving = 56 gm or 2 oz<br>$\frac{1}{2}$ serving = 38 gm or 1.3 oz<br>$\frac{1}{4}$ serving = 19 gm or 0.7 oz   |
| <b>GROUP G</b>  | <b>MINIMUM SERVING SIZE FOR GROUP G</b>  |
| <ul style="list-style-type: none"> <li>• Brownies <sup>2</sup> (plain)</li> <li>• Cake <sup>2</sup> (all varieties, frosted)</li> </ul>   | 1 serving = 115 gm or 4 oz<br>$\frac{3}{4}$ serving = 86 gm or 3 oz<br>$\frac{1}{2}$ serving = 58 gm or 2 oz<br>$\frac{1}{4}$ serving = 29 gm or 1 oz        |
| <b>GROUP H</b>  | <b>MINIMUM SERVING SIZE FOR GROUP H</b>  |
| <ul style="list-style-type: none"> <li>• Barley</li> <li>• Breakfast cereals (cooked) <sup>4</sup></li> <li>• Bulgur or cracked wheat</li> <li>• Macaroni (all shapes)</li> <li>• Noodles (all varieties)</li> <li>• Pasta (all shapes)</li> <li>• Ravioli (noodle only)</li> <li>• Rice (enriched white or brown)</li> </ul>   | 1 serving = $\frac{1}{2}$ cup cooked (or 25 gm dry)  |
| <b>GROUP I</b>  | <b>MINIMUM SERVING SIZE FOR GROUP I</b>  |
| <ul style="list-style-type: none"> <li>• Ready to eat breakfast cereal (cold dry) <sup>4</sup></li> </ul>   | 1 serving = $\frac{3}{4}$ cup or 1 oz, whichever is less   |

<sup>4</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts 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.