

EXHIBIT A: GRAIN REQUIREMENT FOR CHILD NUTRITION PROGRAMS^{1,2}

Group A	Oz Eq for Group A
<ul style="list-style-type: none"> • 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. 	<p>1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz</p>
Group B	Oz Eq for Group B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced white, whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers³ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, whole wheat, whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (white, whole wheat, whole grain-rich) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells 	<p>1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz</p>

¹Under 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. Under the NSLP and SBP, the following food quantities from 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 and/or enriched flour to be considered whole grain-rich.

²Some of the following foods, or the accompaniments, may contain more sugar, salt, and/or fat than others. This should be considered when deciding how often to serve them.

³Considered a grain-based dessert and cannot count towards the grain component at any meal served under the CACFP beginning October 1, 2017, as specified in §226.20(a)(4). Allowed only as dessert at lunch served under the NSLP as specified in §210.10.

Group C	Oz Eq for Group C
<ul style="list-style-type: none"> ● Cookies³ (plain - includes vanilla wafers) ● Cornbread ● Corn muffins ● Croissants ● Pancakes ● Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) ● Waffles 	<p>1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz</p>
Group D	Oz Eq for Group D
<ul style="list-style-type: none"> ● Doughnuts⁴ (cake and yeast raised, unfrosted) ● Cereal bars, breakfast bars, granola bars⁴ (plain) ● Muffins (all, except corn) ● Sweet roll⁴ (unfrosted) ● Toaster pastry⁴ (unfrosted) 	<p>1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz</p>
Group E	Oz Eq for Group E
<ul style="list-style-type: none"> ● Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) ● Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) ● Doughnuts⁴ (cake and yeast raised, frosted or glazed) ● French toast ● Sweet rolls⁴ (frosted) ● Toaster pastry⁴ (frosted) 	<p>1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz</p>
Group F	Oz Eq for Group F
<p><i>(These items are only allowed under the NSLP and SBP)</i></p>	
<ul style="list-style-type: none"> ● Cake³ (plain, unfrosted) ● Coffee cake⁴ 	<p>1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz</p>

³Considered a grain-based dessert and cannot count towards the grain component at any meal served under the CACFP beginning October 1, 2017, as specified in §226.20(a)(4). Allowed only as dessert at lunch served under the NSLP as specified in §210.10.

⁴Considered a grain-based dessert and cannot count towards the grain component at any meal served under the CACFP beginning October 1, 2017, as specified in §226.20(a)(4). Allowed for desserts at lunch served under the NSLP as specified in §210.10, and for breakfasts served under the SBP.

<p style="text-align: center;">Group G</p> <p style="text-align: center;"><i>(These items are only allowed under the NSLP and SBP)</i></p>	<p style="text-align: center;">Oz Eq for Group G</p>
<ul style="list-style-type: none"> ● Brownies³ (plain) ● Cake³ (all varieties, frosted) 	<p>1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz</p>
<p style="text-align: center;">Group H</p>	<p style="text-align: center;">Oz Eq for Group H</p>
<ul style="list-style-type: none"> ● Cereal Grains (barley, quinoa, etc.) ● Breakfast cereals (cooked)^{5,6} ● Bulgur or cracked wheat ● Macaroni (all shapes) ● Noodles (all varieties) ● Pasta (all shapes) ● Ravioli (noodle only) ● Rice (enriched white or brown) 	<p>1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry</p>
<p style="text-align: center;">Group I</p>	<p style="text-align: center;">Oz Eq for Group I</p>
<ul style="list-style-type: none"> ● Ready to eat breakfast cereal (cold, dry)^{5,6} 	<p>1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola</p>

³Considered a grain-based dessert and cannot count towards the grain component at any meal served under the CACFP beginning October 1, 2017, as specified in §226.20(a)(4). Allowed only as desserts at lunch served under the NSLP as specified in §210.10.

⁵Refer 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.

⁶Under the CACFP, cereals must be whole grain, enriched, or fortified, and must contain no more than 6 grams of sugar per dry ounce. Under the NSLP and SBP, cereals must be whole grain, whole grain and enriched, or fortified.