

BREAD/GRAIN CHARTS

FOR FOOD BASED MENU PLANS

Use the Grain/Bread Chart to determine the serving size of menu items. Foods may be weighed in ounces (oz) or grams (gm). A volume measure may be used for certain Grain/Bread groups.

Some of the foods listed, 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.

Foods marked #2: Allowed only for **desserts** under the Enhanced Food Based menu plan, and for **snacks** served under the School Lunch Program, Summer Food Service Program, and the Child and Adult Care Food Program.

Foods marked #3: Allowed only for **desserts** under the Enhanced Food Based menu plan and for **snacks** served under the School Lunch Program, Summer Food Service Program, and the Child and Adult Care Food Program. Allowed for **breakfasts** served under the School Breakfast Program, Summer Food Service Program, and the Child and Adult Care Food Program.

Foods marked #4: Refer to regulations for each program to determine the appropriate serving size of cereal. Breakfast cereals may be served in meals other than breakfast.

GROUP A	MINIMUM SERVING SIZE FOR GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: Weights apply to bread only in stuffing 	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
GROUP B	MINIMUM SERVING SIZE FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (white, wheat, whole wheat, French, Italian) • Buns (hamburger and hotdog) • Crackers (graham crackers – all shapes, and animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells 	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
GROUP C	MINIMUM SERVING SIZE FOR GROUP C
<ul style="list-style-type: none"> • Cookies² (plain) • Combread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies², fruit turnovers³ and meat/meat alternate pies) • Waffles 	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz

GROUP D	MINIMUM SERVING SIZE FOR GROUP D
<ul style="list-style-type: none"> • Doughnuts³ (cake and yeast raised, unfrosted) • Granola bars³ (plain) • Muffins (all, except corn) • Sweet roll³ (unfrosted) • Toaster pastry³ (unfrosted) 	1 serving = 50 gm or 0.9 oz 3/4 serving = 38 gm or 0.7 oz 1/2 serving = 25 gm or 0.5 oz 1/4 serving = 13 gm or 0.2 oz
GROUP E	MINIMUM SERVING SIZE FOR GROUP E
<ul style="list-style-type: none"> • Cookies² (with nuts, raisins, chocolate pieces and or/fruit purees) • Doughnuts³ (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars³ • Granola bars³ (with nuts, raisins, chocolate pieces and or/fruit) • Sweet rolls³ (frosted) • Toaster pastry³ (frosted) 	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
GROUP F	MINIMUM SERVING SIZE FOR GROUP F
<ul style="list-style-type: none"> • Cake² (plain, unfrosted) • Coffee cake³ 	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
GROUP G	MINIMUM SERVING SIZE FOR GROUP G
<ul style="list-style-type: none"> • Brownies² (plain) • Cake² (all varieties, frosted) 	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
GROUP H	MINIMUM SERVING SIZE FOR GROUP H
<ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked)⁴ • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	1 serving = 1/2 cup cooked (or 25 gm dry)
GROUP I	MINIMUM SERVING SIZE FOR GROUP I
<ul style="list-style-type: none"> • Ready-to-eat breakfast cereal (cold dry)⁴ 	1 serving = 3/4 cup or 1 oz whichever is less

CREDITABLE FOODS LIST

Appendix A

Meat/Meat Alternates

Creditable

Bean, pea or meat soup - must be home made
with at least 1/4 oz. or equivalent of
meat or alternate per serving

Beans, dry or canned 1/4 c. = 1 oz. meat alternate

Beef jerky - high salt and high cost

Canadian bacon

Cheese - natural, processed

Cheese food, spread, substitute or pimento
cheese 2 oz. = 1 oz. meat alternate

Corndogs - only the hot dog counts as meat

Cottage cheese, ricotta cheese
1/4 c. or 2 oz. = 1 oz. meat alternate

Deviled eggs

Dried peas, dried beans, lentils

Eggs - cooked

Fish and shellfish - cooked, count only
meat portion

Fish sticks - must be at least 60% fish

Frankfurters - must be all meat

Liver, kidney

Lunch meat - must be all meat

Peanuts, nuts, seeds

Peanut, nut or seed butter

Pizza, if homemade and the amount of
meat and cheese is documented

Quiche -only the meat, cheese or egg portion

Refried beans

Sausage, Polish, knockwurst, Vienna

Soy butter

Spare ribs - only the meat portion

Tripe

Turkey bacon, if CN labeled

Vegetable protein/meat protein mixtures
Must be at least 70% meat in mixture
before cooking

Yogurt - plain, flavored, low fat, unsweetened
or sweetened 1/2 c. or 4 oz. = 1 oz. meat
alternate

Non creditable

Acorns

Baco-bits - imitation bacon

Bacon

Canned soups

Cheese product

Chestnuts

Coconuts

Cream cheese

Eggs - raw

Fish - home caught

Frozen yogurt

Ham hocks

Home canned meats, home
slaughtered meats

Imitation cheese, crab, frankfurters

Meat analogues - 100% vegetable
protein

Neufchatel cheese

Oxtails

Peanut butter spread

Pigs' feet, neck bones, tail bones

Pot pies, commercial

Potted, pressed or deviled canned
meat

Powdered cheese - as in boxed
macaroni and cheese

Salt pork

Scrapple

Sizzlean

Soup - commercial

Spam

Tofu, tempeh, seitan

Venison, squirrel and game
Must be inspected and approved by
the Health Department

Yogurt bars, frozen commercial
products

Yogurt covered fruits, nuts

Yogurt, homemade

Milk and Milk Products

Creditable

Acidified milk
Buttermilk
Cocoa - made from fluid milk
Chocolate milk
Cultured or kefir milk
Egg nog- commercial, only the milk portion
Flavored or unflavored fluid milk
Goat's milk
Lactose reduced milk
Lowfat, light or reduced fat milk
Milkshakes - only the milk portion
Skim, non fat, or fat free milk
Soy milk
 Only if physician's signed note
 is on file.
UHT milk - ultra high temperature
Whole milk

Non creditable

Certified raw milk
Cocoa mix made with water
Coffee creamers
Cream
Cream sauce
Cream soup
Custard
Dry milk
Egg nog - home made
Evaporated milk
Half and half
Ice cream
Ice milk
Imitation milk
Pudding
Pudding pops
Reconstituted dry milk
Rice milk
Sherbet or sorbet
Sour cream
Soy beverage/drink
Yogurt - creditable only as a meat
alternate

Fruits and Vegetables

Creditable

Apple cider - must be pasteurized
 Baby carrots - 8 1/2 carrots = 1/4 c.
 Baked beans
 Bean sprouts
 Chopped vegetables in homemade
 casserole or stew¹
 Coleslaw - only fruit and vegetable, not
 dressing¹
 Cranberry juice blend - if blend of full strength
 juices
 Cranberry sauce
 Dehydrated vegetables - rehydrated
 Dried beans
 Dried peas
 Dried fruit - apricots, dates, raisins
 Dried fruit chips
 Frozen juice bars, must be at least 50% juice
 Fruit cobbler, crisp¹
 Fruit cocktail - counts as one fruit
 Fruit or vegetable in Jello or pudding¹
 Fruit pie filling - 1/2 c. filling = 1/4 c. fruit
 Fruit sauce - home made¹
 Green chilies
 Juice
 Juice blends - if blend of full strength juices
 Juice concentrates
 Kiwi fruit
 Mixed vegetables - counts as one vegetable
 Mushrooms
 Olives - are high in salt¹
 Onion rings²
 Pickles - are high in salt¹
 Pimentos
 Pizza or tomato sauce - serve at least 1/8 c.
 Potatoes
 Potato skins
 Salsa - HM recipe should be all vegetables
 with small amounts of spices, flavorings -
 if commercial, count only the veg. portion²
 Soup - if commercial veg. base then 1 c. soup
 = 1/4 c. vegetable. If homemade, then
 credit according to the recipe
 Spaghetti sauce - serve at least 1/8 c.
 Tomato paste - 1 T. = 1/4 c. vegetable
 Tomato puree - 2 T. = 1/4 c. vegetable
 Tomato sauce - 4 T. = 1/4 c. vegetable
 V-8 Juice
 Vegetable juice blends
 Water chestnuts

Non creditable

Apple butter
 Barbecue sauce
 Chili sauce
 Coconut
 Corn chips
 Corn syrup and honey are not
 recommended for under 1 year
 Cranberry juice cocktail
 Dry spice mixes
 Frozen fruit flavored bars, popsicles
 Fruit "drink"
 Fruit flavored syrup or powder
 Fruit in cookies - like Fig Newtons
 Fruit in commercial fruited yogurt
 Fruit leather, fruit rollups, fruit
 shapes
 Fruit flavored canned punch like
 Hawaiian Punch
 Fruit flavored ice cream
 Fruit syrup - from canned fruit
 Gummy fruit candy
 Home canned fruits and vegetables
 Hominy
 Honey, syrup, jam, jelly, preserves
 Jello, gelatin
 Juice base
 Juice blend
 Juice drink
 Catsup, condiments and seasonings
 Kool-Aid
 Lemon pie filling
 Lemonade
 Macaroni salad is a bread alternate¹
 Nectar
 Orangeade
 Pineapple upside down cake
 Pizza, commercial (amt. of sauce is
 insufficient - unless more is added)²
 Pop tart filling
 Popsicles - commercial
 Posole
 Potato chips, potato sticks
 Pudding with fruit - commercial
 Sherbet, sorbet
 Syrup, maple
 Tang

¹ Must have a minimum of 1/8 c. or 2 T. fruit or vegetable per serving. Only the fruit or vegetable portion counts

² If a commercial product, must have a CN label or manufacturer's specs on file or added fruit/veg. to supplement the product.

Grains and Breads

Creditable

Bagel, bialy
Banana, carrot, pumpkin, zucchini bread
Boston brown bread
Bread pudding¹ (if homemade)
Breading or batter on meat (if amount known)
Bread sticks, hard or soft
Bread stuffing¹
Cake, cupcakes
Cereal - dry or cooked, 6 gm. of sugar or less recommended
Cereal bars¹
Chips - grain based, enriched, whole grain
Chow mein noodles
Cinnamon roll
Coffee cake
Cookies, brownies or bars
Corn tortillas
Couscous
Crackers - non sweet like Saltines, Ritz, or sweet crackers like grahams, graham shapes, animal crackers
Crepes
Croissants - high fat
Croutons
Doughnuts
Dumplings
Egg roll skins, won ton wrappers
English muffins
Fig bars (only crust part)
Fruit crisp or cobbler crust
Fry bread
Gingerbread
Grain fruit bars, granola bars¹
Grains - barley, cornmeal, farina, quinoa rice, wheat
Granola cereal¹
Grits
Hushpuppies
Ice cream cones
Johnny cake
Macaroni, noodles, spaghetti or other pasta shapes

Nacho chips - must be enriched or whole grain
Pie crust or shell (dessert pies², or in main dish pie)
Pita bread
Pop tarts, toaster pastries (only crust part)
Pizza crust
Popovers
Pretzels, soft and hard
Puff pastry with main dish - high fat
Quick breads like biscuits, cornbread, muffins, waffles
Rice cakes
Rice pudding¹
Scones
Snack crackers
Sopapillas
Spoon bread
Sweet rolls, buns, pastries
Taco or tortilla shells
Tortillas
Turnover crust
Vanilla wafers
Waffles
Wheat germ, bran

Non Creditable

Caramel corn
Corn grits
Hominy
Nut or seed flour
Popcorn
Potatoes, potato pancakes - potatoes are credited as a vegetable, not as a grain

¹ Only the amount of bread, flour, meal or grain counts