



CACFP Grains Chart Child Care Component



Grain items must be whole grain or enriched or made with whole-grain or enriched 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 must be whole grain-rich.

This chart is a guide for commonly served items. If serving an item not listed below, determine amount required (grams or ounces) per age group (1-5 or 6-18 yr olds) and use Nutrition Facts Label for purchased products, or weigh homemade items to determine the serving size.

| Group A | 1-5 year olds Serving Size ¹ | 6-18 year olds Serving Size ¹ |
|---|--|---|
| | Minimum weight 10 grams (0.4 oz) | Minimum weight 20 grams (0.7 oz) |
| Bread Sticks (hard – approx. 7 ¾") | 2 sticks | 3 sticks |
| Chow Mein Noodles | 1/4 cup | 1/2 cup |
| Crackers (saltines) | 4 squares | 8 squares |
| Crackers (large-snack-rounds, ovals, squares) | 4 crackers | 8 crackers |
| Crackers (one inch squares) | 6 crackers | 12 crackers |
| Crackers (cheese squares) | 9 crackers | 18 crackers |
| Crackers (savory - fish-shaped or similar) | 25 crackers | 50 crackers |
| Croutons | 1/4 cup | 1/2 cup |
| Melba Toast | 3 slices | 5 slices |
| Pretzels (hard-mini pretzel twists) | 7 pretzels | 14 pretzels |
| Pretzel Chips | 7 chips | 14 chips |
| Rice Cakes | 1 cake | 2 cakes |
| Rice Cakes (Mini – Rice Crisps) | 6 cakes | 12 cakes |
| Bread Stuffing (dry) | 1/4 cup | 1/2 cup |
| Wafers (rye) | 2 wafers | 4 wafers |
| Zwieback | 2 pieces | 3 pieces |
| Group B | Serving Size ¹ | Serving Size ¹ |
| | Minimum weight 13 grams (0.5 oz) | Minimum weight 25 grams (0.9 oz) |
| Bagels (approx. 4" diameter) | 1/4 bagel | 1/2 bagel |
| Bagels (approx. 3" diameter) | 1/2 bagel | 1 bagel |
| Biscuits (approx. 2 ½" diameter) | 1/2 biscuit | 1 biscuit |
| Breads (white, wheat, whole wheat, raisin) | 1/2 slice | 1 slice |
| Buns (hamburger, hot dog) | 1/2 bun | 1 bun |
| Crackers (animal) | 6 crackers | 12 crackers |
| Crackers (graham – fish-shaped or similar) | 19 crackers | 37 crackers |
| Crackers (graham – 2 ½" x 5") | 1 cracker | 2 crackers |
| English Muffins | 1/2 muffin | 1 muffin |
| Oyster Crackers | 1/3 cup (30 crackers) | 2/3 cup (60 crackers) |
| Pita Bread (white, wheat – 6 ½ round) | 1/4 medium | 1/2 medium |
| Pizza Crust | Varies based on size*** | Varies based on size*** |
| Pretzels (soft) | 1/2 pretzel | 1 pretzel |
| Rolls (dinner, white, wheat, WW, potato) | 1/2 roll | 1 roll |
| Taco Shells 6" (hard-shell corn tortilla) | 1/2 shell | 1 shell |
| Tortillas 6" (corn or wheat) | 1/2 tortilla | 1 tortilla |
| Tortillas 8" (flour) | 1/3 tortilla | 2/3 tortilla |
| Tortilla Chips (round or large) | 6 chips (9 mini rounds) | 12 chips (18 mini rounds) |

¹The number of items per serving are approximate amounts. Additional quantities may be needed to provide the appropriate weight for each group depending on the size of the item used.

***Amount to serve is based on the weight of the item or serving. Refer to Minimum Weight under Serving Size per group or column.

| Group C | Serving Size¹ | Serving Size¹ |
|--|---|---|
| | Minimum weight 16 grams (0.6 oz) | Minimum weight 31 grams (1.1 oz) |
| Cornbread (2 ¼" x 1 ½") | 1 piece | 2 pieces |
| Corn Muffin | 1/2 muffin | 1 muffin |
| Croissant | 1/2 croissant | 1 croissant |
| Dumplings | Varies based on size*** | Varies based on size*** |
| Hush Puppies (large) | Varies based on size*** | Varies based on size*** |
| Pancakes (approx. 4" diameter) | 1/2 pancake | 1 pancake |
| Popovers | 1/2 popover | 1 popover |
| Spoonbread | Varies based on size*** | Varies based on size*** |
| Waffles (frozen- square or round) (approx. 4") | 1/2 waffle | 1 waffle |

| Group D | Serving Size¹ | Serving Size¹ |
|--------------------------------|---|---|
| | Minimum weight 25 grams (0.9 oz) | Minimum weight 50 grams (1.8 oz) |
| Muffins (all but corn muffins) | 1/2 muffin | 1 muffin |

| Group E | Serving Size¹ | Serving Size¹ |
|----------------|---|---|
| | Minimum weight 31 grams (1.1 oz) | Minimum weight 63 grams (2.2 oz) |
| French Toast | 1/2 slice | 1 slice |

| Group H | Serving Size¹ | Serving Size¹ |
|-----------------------------|---------------------------------------|---------------------------------------|
| | ¼ cup cooked (or 13 grams dry) | ½ cup cooked (or 25 grams dry) |
| Barley | 1/4 cup | 1/2 cup |
| Breakfast Cereals (cooked) | 1/4 cup | 1/2 cup |
| Bulgur (cracked wheat) | 1/4 cup | 1/2 cup |
| Corn Grits or Meal | 1/4 cup | 1/2 cup |
| Macaroni (all shapes) | 1/4 cup | 1/2 cup |
| Noodles Egg (all varieties) | 1/4 cup | 1/2 cup |
| Pasta (all shapes) | 1/4 cup | 1/2 cup |
| Ravioli (noodles only) | 1/4 cup | 1/2 cup |
| Rice (enriched or brown) | 1/4 cup | 1/2 cup |

All breakfast cereals must be whole grain, enriched or fortified & must contain no more than 6 grams of sugar per dry ounce

| Group I | 1-2 year olds | 3-5 year olds | 6-18 year olds |
|---|---|--|---|
| Cereals, Ready-to-eat (Wheat, corn, rice, oats, granola) ¹ | The serving size is 1/4 cup or .33 ounce, whichever is less | The serving size is 1/3 cup or .5 ounce, whichever is less | The serving size is ¾ cup or 1 ounce, whichever is less |

Grain-Based Desserts – NOT CREDITABLE ON CACFP

Homemade grain-based desserts made with whole-grains and/or less sugar and fat are not creditable

Items similar to those in list but with a different name (e.g. breakfast round, breakfast flat) are not creditable

| | |
|--|---|
| Brownies | Ice cream cones |
| Cake, including coffee cake and cupcakes | Pie crusts of dessert pies, cobblers, and fruit turnovers |
| Cereal bars, breakfast bars, granola bars, marshmallow cereal treats | Sweet biscotti/scones with fruits, chocolate, icing, etc. |
| Cookies, including vanilla wafers and fruit-filled rolls/bars/cookies (i.e. fig) | Sweet bread pudding and rice pudding |
| Doughnuts | Sweet croissants, such as chocolate-filled |
| Gingerbread | Sweet pita chips, such as cinnamon-sugar flavored |
| | Sweet rolls, including cinnamon rolls |
| | Toaster pastries |

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***Amount to serve is based on the weight of the item or serving. Refer to Minimum Weight under Serving Size per group or column.