

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	<u>1-5 year olds</u>	<u>6-18 year olds</u>
	Serving Size¹	
	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 Size¹	Serving Size¹
	Minimum weight 13 grams (0.5 oz)	Minimum weight 25 grams (0.9 oz)
	Bagels (approx. 4" diameter)	1/4 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)

¹ The 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 Size ¹	Serving Size ¹
	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 Size ¹	Serving Size ¹
	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 Size ¹	Serving Size ¹
	Minimum weight 31 grams (1.1 oz)	Minimum weight 63 grams (2.2 oz)
French Toast	1/2 slice	1 slice

Group H	Serving Size ¹	Serving Size ¹
	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. Sweet bread pudding and rice pudding
Cookies, including vanilla wafers and fruit-filled rolls/bars/cookies (i.e. fig)	Sweet croissants, such as chocolate-filled Sweet pita chips, such as cinnamon-sugar flavored
Doughnuts	Sweet rolls, including cinnamon rolls
Gingerbread	Toaster pastries

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