

The chart below is a guide for commonly served grain items. The amount listed under each age group must be served to meet the ounce equivalent (oz eq) grain requirement. Amounts are based on the weight of the grain item in grams (g). The required serving sizes are for breakfast, lunch, supper, and snack.

Required Amounts:
1-5 year old = 1/2 oz eq
6-18 year old = 1 oz eq

| Grain Item and Size | 1-5 year old | 6-18 year old |
|--|--|--|
| | Serve at least 1/2 oz eq which is about... | Serve at least 1 oz eq which is about... |
| Bagel (~ 4" diameter) | 1/4 bagel or 14 g | 1/2 bagel or 28 g |
| Bagel, Mini | 1/2 bagel or 14 g | 1 bagel or 28 g |
| Biscuit (~ 2 1/2" diameter) | 1/2 biscuit or 14 g | 1 biscuit or 28 g |
| Bread | 1/2 slice or 14 g | 1 slice or 28 g |
| Bread Stick, Hard (~ 7 3/4") | 2 sticks or 14 g | 3 sticks or 28 g |
| Buns, Hamburger, Hot Dog | 1/2 bun or 14 g | 1 bun or 28 g |
| Cereal, Ready-to-eat (dry, cold) Flakes or Rounds | 1/2 cup or 14 g | 1 cup or 28 g |
| Cereal, Ready-to-eat (dry, cold) Puffed cereal) | 3/4 cup or 14 g | 1 1/4 cup or 28 g |
| Cereal, Ready-to-eat (dry, cold) Granola | 1/8 cup or 14 g | 1/4 cup or 28 g |
| Cornbread (2" x 2 1/2") | 1/2 piece or 17 g | 1 piece or 34 g |
| Corn Muffin | 1/2 muffin or 17 g | 1 muffin or 34 g |
| Cracker, Animal (~1 1/2" x 1") | 8 crackers (1/4 cup) or 14 g | 15 crackers (1/2 cup) or 28 g |
| Cracker, Bear-shaped, Sweet (~1" x 1/2") | 12 crackers (1/4 cup) or 14 g | 24 crackers (1/2 cup) or 28 g |
| Cracker, Cheese, Square, Savory (~1" x 1") | 10 crackers or 11 g | 20 crackers or 22 g |
| Cracker, Fish-shaped or Similar, Savory (~3/4" x 1/2") | 21 crackers (1/4 cup) or 11 g | 41 crackers (1/2 cup) or 22 g |
| Cracker, Graham (~2 1/2" x 5" full sheet) | 1 full sheet or 14 g | 2 full sheets or 28 grams |
| Cracker, Oyster | 27 crackers (1/4 cup) or 11 g | 54 crackers (1/2 cup) or 22 g |
| Cracker, Round, Savory (1 3/4" across) | 4 crackers or 11 g | 7 crackers or 22 g |
| Cracker, Saltine (2"x2") | 4 crackers or 11 g | 8 crackers or 22 g |
| Cracker, Thin Wheat Square, Savory (1 1/4"x1 1/4") | 6 crackers or 11 g | 12 crackers or 22 g |
| Cracker, Woven Whole Wheat (1 1/2" x 1 1/2") | 3 crackers or 11 g | 5 crackers or 22 g |
| Cracker, Zwieback | 2 crackers or 11 g | 3 crackers or 22 g |
| Croissant | 1/2 croissant or 17 g | 1 croissant or 34 g |
| English Muffin (top and bottom) | 1/4 muffin or 14 g | 1/2 muffin or 28 g |
| French Toast | 1/2 slice or 35 g | 1 slice or 69 g |
| French Toast Sticks | 2 sticks or 35 g | 4 sticks or 69 g |
| Grains (barley, bulgur, quinoa, etc.) | 1/4 cup cooked or 14 g dry | 1/2 cup cooked or 28 g dry |
| Grits | 1/4 cup cooked or 14 g dry | 1/2 cup cooked or 28 g dry |

| Grain Item and Size* | 1-5 year old | 6-18 year old |
|--|--|--|
| | Serve at least 1/2 oz eq which is about... | Serve at least 1 oz eq which is about... |
| Melba Toast (3 1/2" x 1 1/2") | 2 pieces or 11 g | 5 pieces or 22 g |
| Muffin (all but corn muffins) | 1/2 muffin or 28 g | 1 muffin or 55 g |
| Oatmeal | 1/4 cup cooked or 14 g dry | 1/2 cup cooked or 28 g dry |
| Pancake (~ 4" diameter) | 1/2 pancake or 17 g | 1 pancake or 34 g |
| Pasta (all shapes - macaroni, spaghetti, etc.) | 1/4 cup cooked or 14 g dry | 1/2 cup cooked or 28 g dry |
| Pita Bread/Round (6 1/2 round) | 1/4 pita or 14 g | 1/2 pita or 28 g |
| Popcorn | 1 1/2 cups or 14 g | 3 cups or 28 g |
| Pretzel, Hard Mini-Twist (1 1/4" x 1 1/2") | 7 pretzels (1/3 cup) or 11 g | 14 pretzels (2/3 cup) or 22 g |
| Pretzel, Hard, Thin-Stick (2 1/2" long) | 16 sticks or 11 g | 31 sticks or 22 g |
| Pretzel Chips | 7 chips or 11 g | 14 chips or 22 g |
| Pretzel, Soft | 1/4 pretzel or 14 g | 1/2 pretzel or 28 g |
| Quick Bread (banana, pumpkin, etc.) | 1/2 slice or 28 g | 1 slice or 55 g |
| Rice (all types) | 1/4 cup cooked or 14 g dry | 1/2 cup cooked or 28 g dry |
| Rice Cake | 1 1/2 cakes or 11 g | 3 cakes or 22 g |
| Rice Cake, Mini (1 3/4" across) | 7 cakes or 11 g | 13 cakes or 22 g |
| Roll (Dinner, White, WW, Potato) | 1/2 roll or 14 g | 1 roll or 28 g |
| Taco or Tostado Shell, Hard | 1 shell or 14 g | 2 shells or 28 g |
| Tortilla, Soft, Corn (~5 1/2") | 3/4 tortilla or 14 g | 1 1/4 tortillas or 28 g |
| Tortilla, Soft, Flour (~6") | 1/2 tortilla or 14 g | 1 tortilla or 28 g |
| Tortilla, Soft, Flour (~8") | 1/4 tortilla or 14 g | 1/2 tortilla or 28 g |
| Tortilla Chips, Round or Large | 6 chips (9 mini rounds) or 14 g | 12 chips (18 mini rounds) or 28 g |
| Wafers, Rye | 2 wafers or 11 g | 4 wafers or 22 g |
| Waffles, Square or Round (~ 4") | 1/2 waffle or 17 g | 1 waffle or 34 g |

What If the Grain Is Different?

If the grain item you want to serve is smaller or lighter than the item in the chart or is not listed above, you will need to use another way to determine how much to serve to meet CACFP meal pattern requirements. Use the *Exhibit A Grains Tool* found on the [Food Buying Guide webpage](#) to determine how many oz eq of grains are in one serving by entering information from the Nutrition Facts Label on the product into the tool.

Grain-Based Desserts (GBD) are not creditable and cannot be served to meet the grains component

- Examples include granola bars, cookies, cake, cereal bars, and toaster pastries.
- For a more extensive list, refer to the [Is it a Grain-Based Dessert?](#) handout or GM 12.
- Even if the GBD is homemade with healthy ingredients, whole grains, or less sugar, it is not creditable.