**(1)(2) Grains and Breads in the Child and Adult Care Food Program - 2018**

**Group C**

**1 serving = 31 gm or 1.1 oz.**

**¾ serving = 23 gm or 0.8 oz.**

**½ serving = 16 gm or 0.6 oz.**

**¼ serving = 8 gm or 0.3 oz.**

**Cookies (plain) includes vanilla wafers (3)**

Cornbread

Corn muffins

Croissants

Pancakes

Pie crust (**dessert pies (3), cobbler (3), fruit turnovers (4)** and meat/alternate pies)

Waffles

**Group A**

**1 serving = 20 gm or 0.7 oz.**

**¾ serving = 15 gm or 0.5 oz.**

**½ serving = 10 gm or 0.4 oz.**

**¼ serving = 5 gm or 0.2 oz.**

Breading type coating

Bread sticks (hard)

Chow mien noodles

Crackers (saltines and snack crackers)

Croutons

Pretzels (hard)

Stuffing (dry) Note: weights apply to bread in stuffing

**Group D**

**1 serving = 50 gm or 1.8 oz.**

**¾ serving = 38 gm or 1.3 oz.**

**½ serving = 25 gm or 0.9 oz.**

**¼ serving = 13 gm or 0.5 oz.**

**Doughnuts (cake and yeast raised, unfrosted) (3)**

**Cereal bars, breakfast bars, granola bars (plain) (4)**

Muffins (all except corn)

**Sweet roll (unfrosted) (4)**

**Toaster pastry (unfrosted) (4)**

**Group B**

**1 serving = 25 gm or 0.9 oz.**

**¾ serving = 19 gm or 0.7 oz.**

**½ serving = 13 gm or 0.5 oz.**

**¼ serving = 6 gm or 0.2 oz.**

Bagels

Batter type breading

Biscuits

Breads (white, wheat, whole wheat, French, Italian)

Buns (hamburger and hot dog)

Crackers (graham-all shapes, 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



**Grains and Breads in the Child and Adult Care Food Program - 2018**

**Group I**

**1 serving = ¾ cup or 1 oz. whichever is less**

**\*Ready to eat breakfast cereal** (cold, dry)(5(6)

**Group H**

**1 serving = ½ cup cooked (or 25 grams dry**

Barley

Breakfasts cereals (cooked)

Bulgur (cracked wheat)

Macaroni (all shapes)

Noodles (all varieties)

Pasta (all shapes)

Ravioli (noodle only)

Rice (enriched white or brown)

Wild rice

***These items are only allowed under the NSLP and SBP.***

**Group F**

**1 serving = 75 gm or 2.7 oz.**

**¾ serving = 56 gm or 2.0 oz.**

**½ serving = 38 gm or 1.3 oz.**

**¼ serving = 19 gm or 0.7 oz.**

**Cake (plain, unfrosted) (3)**

**Coffee cake (4)**

***These items are only allowed under the NSLP and SBP.***

**Group G**

**1 serving = 115 gm or 4.0 oz.**

**¾ serving = 86 gm or 3.0 oz.**

**½ serving = 58 gn or 2.0 oz.**

**¼ serving = 29 gn or 1.0 oz.**

**Brownies (plain) (3)**

**Cake (all varieties, frosted) (3)**

**Group E**

**1 serving = 63 gn or 2.2 oz.**

**¾ serving = 47 gn or 1.7 oz.**

**½ serving = 31 gm or 1.1 oz.**

**¼ serving = 16 gm or 0.6 oz.**

**Cereal bars, breakfast bars, granola bars (with nuts, dried fruit, and/or chocolate pieces) (4)**

**Cookies (with nuts, raisins, chocolate pieces, and/or fruit purees) (3)**

**Doughnuts (cake or yeast raised, frosted or glazed)(4)**

French toast

**Sweet rolls (frosted) (4)**

**Toaster pastry (frosted) (4)**