**Notations to Grains and Breads Groups**

**2018**

(1) **Under the CACFP, the following foods are whole grain or enriched or made with enriched or whole-grain 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 in the CACFP must be whole grain-rich starting October 1, 2017. Under the NSLP and SBP, the following food quantities from Groups A-G, must contain at least 16 grams of whole grain or can be made with 8 grams of whole grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.**

(2) **Some of the following foods, or the accompaniments, may contain more sugar, salt and/or fat than others. This should be considered when deciding how often to serve them.**

(3) **Considered a grain-based dessert and cannot count towards the grain components at any meal served under CACFP beginning October 1, 2017, as specified in 226.20(a)(4). Allowed only as dessert at lunch under NSLP as specified under 210.10.**

(4) **Considered a grain-based dessert and cannot count towards the grain component at any meal served under CACFP beginning October 1, 2017, as specified in 226.20(a)(4). Allowed for desserts at lunch under the NSLP, as specified in 210.10, and for breakfasts under the SBP.**

(5) **Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through5 in the NSLP; breakfasts served under SBP; and meals served to children aged 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served at meals other than breakfast.**

(6) **Under CACFP, cereals must be whole grain, enriched, or fortified,, and must contain no more than 6 grams of sugar per dry ounces. Under NSLP and SBP, cereals must be whole grain, whole enriched or fortified.**