

Grain Requirements for the Child and Adult Care Food Program

Group A	Ounce Equivalent (oz. eq.) for Group A
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing	1 oz. eq. = 22 gm or 0.8 oz. 3/4 oz. eq. = 17 gm or 0.6 oz. 1/2 oz. eq. = 11 gm or 0.4 oz. 1/4 oz. eq. = 6 gm or 0.2 oz.
Group B	Ounce Equivalent (oz. eq.) for Group B
Bagels Batter type coating Biscuits Breads - all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet Crackers (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells	1 oz. eq. = 28 gm or 1.0 oz. 3/4 oz. eq. = 21 gm or 0.75 oz. 1/2 oz. eq. = 14 gm or 0.5 oz. 1/4 oz. eq. = 7 gm or 0.25 oz.
Group C	Ounce Equivalent (oz. eq.) for Group C
Cornbread Corn muffins Croissants Pancakes Pie crust (meats/meat alternate pie crust only) Waffles	1 oz. eq. = 34 gm or 1.2 oz. 3/4 oz. eq. = 26 gm or 0.9 oz. 1/2 oz. eq. = 17 gm or 0.6 oz. 1/4 oz. eq. = 9 gm or 0.3 oz.
Group D	Ounce Equivalent (oz. eq.) for Group D
Muffins (all, except corn)	1 oz. eq. = 55 gm or 2.0 oz. 3/4 oz. eq. = 42 gm or 1.5 oz. 1/2 oz. eq. = 28 gm or 1.0 oz. 1/4 oz. eq. = 14 gm or 0.5 oz.
Group E	Ounce Equivalent (oz. eq.) for Group E
French toast	1 oz. eq. = 69 gm or 2.4 oz. 3/4 oz. eq. = 52 gm or 1.8 oz. 1/2 oz. eq. = 35 gm or 1.2 oz. 1/4 oz. eq. = 18 gm or 0.6 oz.
Group H	Ounce Equivalent (oz. eq.) for Group H
Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked) Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice	1 oz. eq. = 1/2 cup cooked or 1 ounce (28 gm) dry
Group I	Ounce Equivalent (oz. eq.) for Group I
Ready to eat breakfast cereal (cold, dry)	1 oz. eq. = 1 cup or 1 ounce for flakes and rounds 1 oz. eq. = 1.25 cups or 1 ounce for puffed cereal 1 oz. eq. = 1/4 cup or 1 ounce for granola

*** Groups F & G not included, not reimbursable on the CACFP ***

**“Adapted from USDA Exhibit A: Grain Requirements for Child Nutrition Programs.
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