

# Grain Ounce Equivalent Requirements for the Child and Adult Care Food Program

| Group A                                                                                                                                                                                                                                                                                                                                        | Ounce Equivalent (oz. eq.) for Group A                                                                                                                         |
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| Bread-type coating<br>Breadsticks (hard)<br>Chow Mein noodles<br>Savory Crackers (saltines and snack crackers)<br>Croutons<br>Pretzels (hard)<br>Stuffing (dry) Note: weights apply to bread in stuffing                                                                                                                                       | 2 oz. eq. = 44 g or 1.6 oz<br>1 oz. eq. = 22 g or 0.8 oz.<br>3/4 oz. eq. = 17 g or 0.6 oz.<br>1/2 oz. eq. = 11 g or 0.4 oz.<br>1/4 oz. eq. = 6 g or 0.2 oz.    |
| Group B                                                                                                                                                                                                                                                                                                                                        | Ounce Equivalent (oz. eq.) for Group B                                                                                                                         |
| Bagels<br>Batter type coating<br>Biscuits<br>Breads - all (for example, sliced, French, Italian)<br>Buns (hamburger and hot dog)<br>Sweet Crackers (graham crackers - all shapes, animal crackers)<br>Egg roll skins<br>English muffins<br>Pita bread<br>Pizza crust<br>Pretzels (soft)<br>Rolls<br>Tortillas<br>Tortilla chips<br>Taco shells | 2 oz. eq. = 56 g or 2.0 oz<br>1 oz. eq. = 28 g or 1.0 oz.<br>3/4 oz. eq. = 21 g or 0.75 oz.<br>1/2 oz. eq. = 14 g or 0.5 oz.<br>1/4 oz. eq. = 7 g or 0.25 oz.  |
| Group C                                                                                                                                                                                                                                                                                                                                        | Ounce Equivalent (oz. eq.) for Group C                                                                                                                         |
| Cornbread<br>Corn muffins<br>Croissants<br>Pancakes<br>Pie crust (meats/meat alternate pie crust only)<br>Waffles                                                                                                                                                                                                                              | 2 oz. eq. = 68 g or 2.4 oz<br>1 oz. eq. = 34 g or 1.2 oz.<br>3/4 oz. eq. = 26 g or 0.9 oz.<br>1/2 oz. eq. = 17 g or 0.6 oz.<br>1/4 oz. eq. = 9 g or 0.3 oz.    |
| Group D                                                                                                                                                                                                                                                                                                                                        | Ounce Equivalent (oz. eq.) for Group D                                                                                                                         |
| Muffins (all, except corn)                                                                                                                                                                                                                                                                                                                     | 2 oz. eq. = 110 g or 4.0 oz.<br>1 oz. eq. = 55 g or 2.0 oz.<br>3/4 oz. eq. = 42 g or 1.5 oz.<br>1/2 oz. eq. = 28 g or 1.0 oz.<br>1/4 oz. eq. = 14 g or 0.5 oz. |
| Group E                                                                                                                                                                                                                                                                                                                                        | Ounce Equivalent (oz. eq.) for Group E                                                                                                                         |
| French toast                                                                                                                                                                                                                                                                                                                                   | 2 oz. eq. = 138 g or 4.8 oz.<br>1 oz. eq. = 69 g or 2.4 oz.<br>3/4 oz. eq. = 52 g or 1.8 oz.<br>1/2 oz. eq. = 35 g or 1.2 oz.<br>1/4 oz. eq. = 18 g or 0.6 oz. |

| Group H                                                                                                                                                                                                  | Ounce Equivalent (oz. eq.) for Group H                                                                                                                                                                                                                                                                                                                                                                       |
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| Cereal Grains (barley, quinoa, etc.)<br>Breakfast cereals (cooked)<br>Bulgur or cracked wheat<br>Macaroni (all shapes)<br>Noodles (all varieties)<br>Pasta (all shapes)<br>Ravioli (noodle only)<br>Rice | 2 oz. eq. = 1 cup cooked or 2 oz. (56 g) dry<br>1 oz. eq. = 1/2 cup cooked or 1 oz. (28 g) dry<br>3/4 oz. eq. = 3/8 cup cooked or 0.75 oz. (21 g) dry<br>1/2 oz. eq. = 1/4 cup cooked or 0.5 oz. (14 g) dry<br>1/4 oz. eq. = 1/8 cup cooked or 0.25 oz. (7 g) dry                                                                                                                                            |
| Group I                                                                                                                                                                                                  | Ounce Equivalent (oz. eq.) for Group I                                                                                                                                                                                                                                                                                                                                                                       |
| Ready to eat breakfast cereal (cold, dry)<br><br>Note: Breakfast cereals must contain no more than 6 grams (g) of added sugars per dry ounce                                                             | For flakes and rounds:<br>2 oz. eq. = 2 cups or 2 ounces<br>1 oz. eq. = 1 cup or 1 ounce<br>1/2 oz. eq. = 1/2 cup or 1/2 ounce<br><br>For puffed cereal:<br>2 oz. eq. = 2.5 cups or 2 ounces<br>1 oz. eq. = 1.25 cups or 1 ounce<br>1/2 oz. eq. = 2/3 cup or 1/2 ounce<br><br>For granola cereal:<br>2 oz. eq. = 1/2 cup or 2 ounces<br>1 oz. eq. = 1/4 cup or 1 ounce<br>1/2 oz. eq. = 1/8 cup or 1/2 ounce |

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

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