

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

Group A	Ounce Equivalent (oz. eq.) for Group A
Bread-type coating Breadsticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing	2 oz. eq. = 44 g or 1.6 oz. 1 oz. eq. = 22 g or 0.8 oz. 3/4 oz. eq. = 17 g or 0.6 oz. 1/2 oz. eq. = 11 g or 0.4 oz. 1/4 oz. eq. = 6 g 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	2 oz. eq. = 56 g or 2.0 oz. 1 oz. eq. = 28 g or 1.0 oz. 3/4 oz. eq. = 21 g or 0.75 oz. 1/2 oz. eq. = 14 g or 0.5 oz. 1/4 oz. eq. = 7 g 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	2 oz. eq. = 68 g or 2.4 oz. 1 oz. eq. = 34 g or 1.2 oz. 3/4 oz. eq. = 26 g or 0.9 oz. 1/2 oz. eq. = 17 g or 0.6 oz. 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. 1 oz. eq. = 55 g or 2.0 oz. 3/4 oz. eq. = 42 g or 1.5 oz. 1/2 oz. eq. = 28 g or 1.0 oz. 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. 1 oz. eq. = 69 g or 2.4 oz. 3/4 oz. eq. = 52 g or 1.8 oz. 1/2 oz. eq. = 35 g or 1.2 oz. 1/4 oz. eq. = 18 g 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	2 oz. eq. = 1 cup cooked or 2 oz. (56 g) dry 1 oz. eq. = 1/2 cup cooked or 1 oz. (28 g) dry 3/4 oz. eq. = 3/8 cup cooked or 0.75 oz. (21 g) dry 1/2 oz. eq. = 1/4 cup cooked or 0.5 oz. (14 g) dry 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) Note: Breakfast cereals must contain no more than 6 grams (g) of added sugars per dry ounce	For flakes and rounds: 2 oz. eq. = 2 cups or 2 ounces 1 oz. eq. = 1 cup or 1 ounce 1/2 oz. eq. = 1/2 cup or 1/2 ounce For puffed cereal: 2 oz. eq. = 2.5 cups or 2 ounces 1 oz. eq. = 1.25 cups or 1 ounce 1/2 oz. eq. = 2/3 cup or 1/2 ounce For granola cereal: 2 oz. eq. = 1/2 cup or 2 ounces 1 oz. eq. = 1/4 cup or 1 ounce 1/2 oz. eq. = 1/8 cup or 1/2 ounce

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

“Adapted from USDA Exhibit A: Grain Requirements for Child Nutrition Programs. USDA does not endorse any products, services, or organizations. Provided by DHSS.”
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