

EXHIBIT A
Grains/Breads for the Food-Based Menu Planning
For the Child Nutrition Programs*

Group A

1 serving = 20 gm or 0.7 oz
3/4 serving = 15 gm or 0.5 oz
1/2 serving = 10 gm or 0.4 oz
1/4 serving = 5 gm or 0.2 oz

Breading Type Coating
Bread Sticks (hard)
Chow Mein Noodles
Crackers (saltines and snack crackers)
Croutons
Ice Cream Cones** (waffle, sugar, plain)
Pretzels (hard)
Rice Cakes
Stuffing (dry) **Note:** weights apply to bread in stuffing

Group B

1 serving = 25 gm or 0.9 oz
3/4 serving = 19 gm or 0.7 oz
1/2 serving = 13 gm or 0.5 oz
1/4 serving = 6 gm or 0.2 oz

Bagels
Batter Type Coating
Biscuits
Breads (white, wheat, whole wheat, French, Italian)
Buns (hamburger and hotdog)
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

Group C

1 serving = 31 gm or 1.1 oz
3/4 serving = 23 gm or 0.8 oz
1/2 serving = 16 gm or 0.6 oz
1/4 serving = 8 gm or 0.3 oz

Cookies** (plain)
Cornbread
Corn Muffins
Cream Puffs (served as entree)
Cream Puffs** (served as dessert)
Croissants
Dumplings
Graham Crackers (thinly glazed/iced)
Hush Puppies
Pancakes
Pie Crust (dessert pies**, fruit turnovers***, and meat/meat alternate pies)
Popovers
Puff Pastry (served as entree)
Puff Pastry*** (served as fruit turnover)
Sopaipillas**
Waffles

Group D

1 serving = 50 gm or 1.8 oz
3/4 serving = 38 gm or 1.3 oz
1/2 serving = 25 gm or 0.9 oz
1/4 serving = 13 gm or 0.5 oz

Boston Brown Bread
Cookies** (plain, thinly glazed/iced)
Doughnuts*** (cake and yeast raised, unfrosted)
Fruit or Vegetable Breads (banana, zucchini, etc.)
Granola Bars*** (plain)
Muffins (all, except corn)
Sweet Rolls*** (unfrosted)
Toaster Pastries*** (unfrosted)

Group E

1 serving = 63 gm or 2.2 oz
3/4 serving = 47 gm or 1.7 oz
1/2 serving = 31 gm or 1.1 oz
1/4 serving = 16 gm or 0.6 oz

Cookies** (with nuts, raisins, chocolate pieces and/or fruit purees)
Doughnuts*** (cake and yeast raised, frosted or glazed)
French Toast
Grain Fruit Bars***
Granola Bars*** (with nuts, raisins, chocolate pieces and/or fruit)
Sweet rolls*** (frosted)
Toaster Pastries*** (frosted)

Group F

1 serving = 75 gm or 2.7 oz
3/4 serving = 56 gm or 2.0 oz
1/2 serving = 38 gm or 1.3 oz
1/4 serving = 19 gm or 0.7 oz

Cake** (plain, unfrosted)
Coffee Cake***

Group G

1 serving = 115 gm or 4.0 oz
3/4 serving = 86 gm or 3.0 oz
1/2 serving = 58 gm or 2.0 oz
1/4 serving = 29 gm or 1.0 oz

Brownies** (plain)
Cake** (all varieties, frosted)

Group H

1 serving = 1/2 cup cooked (or 25 grams dry)

Barley
Breakfast Cereals (cooked)****
Bulgur or cracked wheat
Macaroni (all shapes)
Noodles (all varieties)
Pasta (all shapes)
Ravioli (noodle only)
Rice (enriched white or brown)
Wild Rice

Group I

1 serving = 3/4 cup or 1 oz, whichever is less

Ready to eat breakfast cereal (cold dry)****

- * Some of these foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.
- ** Allowed only for desserts in the National School Lunch Program (NSLP) under the enhanced food-based menu planning system and supplements (snacks) served under the NSLP, Summer Food Service Program (SFSP), and Child and Adult Care Food Program (CACFP).
- *** Allowed only for desserts in the NSLP under the enhanced food-based menu planning system and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the School Breakfast Program (SBP), SFSP, and CACFP.
- **** Refer to the appropriate handbook for the correct serving size for supplements served to children age 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast. Cereals may be whole-grain, enriched or fortified.