

CACFP Grains Chart - Adult Care Component

All grains must be whole-grain, enriched, or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

At least one serving of grains per day must be whole grain-rich.

The serving size for adults is 2 for breakfast and lunch and 1 for snack

Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> • Bread sticks (hard) • Chow Mein Noodles • Crackers (saltines) • Crackers (large-snack-rounds, ovals, squares) • Crackers (one inch squares) • Crackers (cheese squares) • Crackers (savory – fish-shaped or similar) • Croutons • Melba Toast • Pretzels (hard-mini pretzel twists) • Pretzel Chips • Rice Cakes • Bread Stuffing (dry) • Wafers (rye) • Zwieback 	<p>2 servings = 40 gm or 1.4 oz</p> <p>1 serving = 20 gm or 0.7 oz</p>
Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> • Bagels • Biscuits • Breads (white, wheat, whole wheat, raisin) • Buns (hamburger, hot dog) • Crackers (animal) • Crackers (graham) • English Muffins • Oyster Crackers • Pita Bread (white, wheat) • Pizza Crust • Pretzels (soft) • Rolls (dinner, white, wheat, whole wheat, potato) • Taco Shells 6" (hard-shell corn tortilla) • Tortillas (wheat, corn, or flour) • Tortilla chips (round or large) 	<p>2 servings = 50 gm or 1.8 oz</p> <p>1 serving = 25 gm or 0.9 oz</p>
Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> • Cornbread • Corn Muffin • Croissant • Dumplings • Hush Puppies (large) • Pancakes • Popovers • Spoonbread • Waffles (frozen- square or round) 	<p>2 servings = 62 gm or 2.2 oz</p> <p>1 serving = 31 gm or 1.1 oz</p>

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Group D	Minimum Serving Size for Group D
<ul style="list-style-type: none"> • Muffins (all but corn muffins) 	2 servings = 100 gm or 3.6 oz 1 serving = 50 gm or 1.8 oz
Group E	Minimum Serving Size for Group E
<ul style="list-style-type: none"> • French Toast 	2 servings = 126 gm or 4.4 oz 1 serving = 63 gm or 2.2 oz
Group F	Minimum Serving Size for Group F
<ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked) * • Bulgur (cracked wheat) • Corn Grits or Meal • Macaroni (all shapes) • Noodles Egg (all varieties) • Pasta (all shapes) • Ravioli (noodles only) • Rice (enriched or brown) 	2 servings = 1 cup cooked or 50 gm (1.8 oz) dry 1 serving = ½ cup cooked or 25 gm (0.9 oz) dry
Group G	Minimum Serving Size for Group G
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold dry)* 	2 servings = 1½ cups or 2 oz, whichever is less 1 serving = ¾ cup or 1 oz, whichever is less

*Breakfast cereals, including ready-to-eat, and instant or regular hot cereal:

Must contain no more than **6 grams** of sugar per dry ounce

Must be whole-grain, enriched, or fortified

Are traditionally served as a breakfast menu item but may be served in meals other than breakfast

Grain-Based Desserts – NOT CREDITABLE ON CACFP

*Homemade grain-based desserts made with whole-grains and/or less sugar and fat are not creditable
Items similar to those in list but with a different name (e.g. breakfast round, breakfast flat) are not creditable*

Brownies	Bread or breadstick with sweet filling (such as pie filling)
Cake, including coffee cake and cupcakes	Carmel popcorn and kettle corn
Cereal bars, breakfast bars, granola bars, marshmallow cereal treats	Pie crusts of dessert pies, cobblers, and fruit turnovers Sweet biscotti/scones with fruits, chocolate, icing, etc.
Cookies, including vanilla wafers and fruit-filled rolls/bars/cookies (i.e. fig)	Sweet croissants, such as chocolate-filled Sweet pita chips, such as cinnamon-sugar flavored
Doughnuts	Sweet rolls, including cinnamon rolls
Gingerbread	Sweet bread pudding and rice pudding
Ice cream cones	Toaster pastries