

CACFP Grains Chart Child Care Component

Grain items must be whole grain or enriched or made with whole-grain or enriched meal and/or flour, bran, and/or germ. For meals and snacks served to children and adults, at least one serving of grains per day must be whole grain-rich.

This chart is a guide for commonly served items. If serving an item not listed below, determine amount required (grams or ounces) per age group (1-5 or 6-18 yr olds) and use Nutrition Facts Label for purchased products, or weigh homemade items to determine the serving size.

Group A	1-5 year olds		6-18 year olds	
	Serving Size ¹		Serving Size ¹	
	Minimum weight 10 grams (0.4 oz)		Minimum weight 20 grams (0.7 oz)	
Bread Sticks (hard – approx. 7 ¾")	2 sticks		3 sticks	
Chow Mein Noodles	1/4 cup		1/2 cup	
Crackers (saltines)	4 squares		8 squares	
Crackers (large-snack-rounds, ovals, squares)	4 crackers		8 crackers	
Crackers (one inch squares)	6 crackers		12 crackers	
Crackers (cheese squares)	9 crackers		18 crackers	
Crackers (savory - fish-shaped or similar)	25 crackers (¼ cup)		50 crackers (½ cup)	
Croutons	1/4 cup		1/2 cup	
Melba Toast	3 slices		5 slices	
Pretzels (hard-mini pretzel twists)	7 pretzels		14 pretzels	
Pretzel Chips	7 chips		14 chips	
Rice Cakes	1 cake		2 cakes	
Rice Cakes (Mini – Rice Crisps)	6 cakes		12 cakes	
Bread Stuffing (dry)	1/4 cup		1/2 cup	
Wafers (rye)	2 wafers		4 wafers	
Zwieback	2 pieces		3 pieces	

Group B	Serving Size ¹		Serving Size ¹	
	Minimum weight 13 grams (0.5 oz)		Minimum weight 25 grams (0.9 oz)	
	Bagels (approx. 4" diameter)	1/4 bagel		1/2 bagel
Bagels (approx. 3" diameter)	1/2 bagel		1 bagel	
Biscuits (approx. 2 ½" diameter)	1/2 biscuit		1 biscuit	
Breads (white, wheat, whole wheat, raisin)	1/2 slice		1 slice	
Buns (hamburger, hot dog)	1/2 bun		1 bun	
Crackers (animal)	6 crackers		12 crackers	
Crackers (graham – fish-shaped or similar)	19 crackers		37 crackers	
Crackers (graham – 2 ½" x 5")	1 cracker		2 crackers	
English Muffins	1/2 muffin		1 muffin	
Oyster Crackers	1/3 cup (30 crackers)		2/3 cup (60 crackers)	
Pita Bread (white, wheat – 6 ½ round)	1/4 medium		1/2 medium	
Pizza Crust	Varies based on size***		Varies based on size***	
Pretzels (soft)	1/2 pretzel		1 pretzel	
Rolls (dinner, white, wheat, WW, potato)	1/2 roll		1 roll	
Taco Shells 6" (hard-shell corn tortilla)	1/2 shell		1 shell	
Tortillas 6" (corn or wheat)	1/2 tortilla		1 tortilla	
Tortillas 8" (flour)	1/3 tortilla		2/3 tortilla	
Tortilla Chips (round or large)	6 chips (9 mini rounds)		12 chips (18 mini rounds)	

¹ The number of items per serving are approximate amounts. Additional quantities may be needed to provide the appropriate weight for each group depending on the size of the item used.

***Amount to serve is based on the weight of the item or serving. Refer to Minimum Weight under Serving Size per group or column.

Group C	Serving Size ¹	Serving Size ¹
	Minimum weight 16 grams (0.6 oz)	Minimum weight 31 grams (1.1 oz)
Cornbread (2 ¼" x 1 ½")	1 piece	2 pieces
Corn Muffin	1/2 muffin	1 muffin
Croissant	1/2 croissant	1 croissant
Dumplings	Varies based on size***	Varies based on size***
Hush Puppies (large)	Varies based on size***	Varies based on size***
Pancakes (approx. 4" diameter)	1/2 pancake	1 pancake
Popovers	1/2 popover	1 popover
Spoonbread	Varies based on size***	Varies based on size***
Waffles (frozen- square or round) (approx. 4")	1/2 waffle	1 waffle

Group D	Serving Size ¹	Serving Size ¹
	Minimum weight 25 grams (0.9 oz)	Minimum weight 50 grams (1.8 oz)
Muffins (all but corn muffins)	1/2 muffin	1 muffin

Group E	Serving Size ¹	Serving Size ¹
	Minimum weight 31 grams (1.1 oz)	Minimum weight 63 grams (2.2 oz)
French Toast	1/2 slice	1 slice

Group H	Serving Size ¹	Serving Size ¹
	¼ cup cooked (or 13 grams dry)	½ cup cooked (or 25 grams dry)
Barley	1/4 cup	1/2 cup
Breakfast Cereals (cooked)	1/4 cup	1/2 cup
Bulgur (cracked wheat)	1/4 cup	1/2 cup
Corn Grits or Meal	1/4 cup	1/2 cup
Macaroni (all shapes)	1/4 cup	1/2 cup
Noodles Egg (all varieties)	1/4 cup	1/2 cup
Pasta (all shapes)	1/4 cup	1/2 cup
Ravioli (noodles only)	1/4 cup	1/2 cup
Rice (enriched or brown)	1/4 cup	1/2 cup

All breakfast cereals must be whole grain, enriched or fortified & must contain no more than **6 grams** of sugar per dry ounce

Group I	1-2 year olds	3-5 year olds	6-18 year olds
Cereals, Ready-to-eat (Wheat, corn, rice, oats, granola) ¹	The serving size is 1/4 cup or .33 ounce, whichever is less	The serving size is 1/3 cup or .5 ounce, whichever is less	The serving size is ¾ cup or 1 ounce, whichever is less

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
Cookies, including vanilla wafers and fruit-filled rolls/bars/cookies (i.e. fig)	Sweet biscotti/scones with fruits, chocolate, icing, etc.
Doughnuts	Sweet croissants, such as chocolate-filled
Gingerbread	Sweet pita chips, such as cinnamon-sugar flavored
Ice cream cones	Sweet rolls, including cinnamon rolls
	Sweet bread pudding and rice pudding
	Toaster pastries

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