



WISCONSIN SCHOOL NUTRITION IN A NUTSHELL

The Grains Component

Crediting grains

- Measured in weight
- Credit in ounce equivalents (oz eq)
- Round down to the nearest $\frac{1}{4}$ oz eq
- Use [Exhibit A](#)¹, a Product Formulation Statement (PFS), or a Child Nutrition (CN) label to credit grains

Component	Measured by	Units of measurement	Conversions	Tools used
Grains	WEIGHT How heavy is it?	Grams (g) Ounces (oz) Pounds (lb or #)	28 g = 1 oz 16 oz = 1 lb	Scale

Whole grains

[The Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), effective July 1, 2024, maintains the regulation that at least 80% of grains served in school lunch and breakfast per week must be whole grain-rich (contain at least 50% whole grains), and any remaining grains must be enriched. Meals are assessed independently (i.e., breakfast assessed independently from lunch).

Schools can use the following to evaluate if a product meets the whole grain-rich criteria:

1. The whole grain content per oz eq based on weight must be at least 8.0 grams or more. This information may be determined from the product packaging or by the manufacturer.
2. The product includes one of the following FDA whole grain health claims:
 - a. “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and certain cancers,” or
 - b. “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”
3. Whole grains are listed first on the product ingredient list (except for water).
4. Find a grain product on the State agency’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain food list

Non-creditable grains

Oat or corn fiber; wheat or corn starch, bran, germ; and modified food starch.

¹ <https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/exhibit-a.pdf>

Grain-based desserts

No more than 2 oz eq of grain-based desserts are allowed at lunch per week. There is no limit on grain-based desserts at breakfast; however, some grain-based desserts may never be served at breakfast such as cookies, cake, and brownies. These are noted with a superscript 3 on Exhibit A.

Common grain portions that equal 1 oz eq

Type	Volume	Weight
Cereal, flakes or rounds	1 cup	1 oz
Cereal, puffed	1.25 cups	1 oz
Granola	0.25 cup	1 oz
Pasta	½ cup cooked	1 oz dry
Rice	½ cup cooked	1 oz dry
Barley, quinoa, bulgur, and cooked cereals	½ cup cooked	1 oz dry

Lunch Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Grains (oz eq)		Weekly: ≥8oz eq Daily: 1 oz eq		Weekly: ≥10oz eq Daily: 2 oz eq

Breakfast Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Grains (oz eq) and/or Meats/Meat Alternates*	Weekly: ≥7oz eq Daily: 1 oz eq	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥9oz eq Daily: 1 oz eq

*Schools may meet the daily and weekly minimum requirements using grains, meats/meat alternates, or combination of both.