

Serving Sizes for Grains/Breads in the AFTERSCHOOL SNACK PROGRAM (ASP) ^{1, 2}

Group A	Minimum Serving Size for Group A
Bread type coating Bread sticks, hard Chow mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry (<i>weights apply to bread in stuffing</i>)	1 serving = 20 grams or 0.7 ounce ¾ serving = 15 grams or 0.5 ounce ½ serving = 10 grams or 0.4 ounce ¼ serving = 5 grams or 0.2 ounce
Group B	Minimum Serving Size for Group B
Bagels Batter type coating Biscuits Breads, e.g., white, wheat, whole wheat, French, Italian Buns, hamburger and hot dog Crackers, sweet, e.g., graham crackers and animal crackers Egg roll skins English muffins Pita bread, e.g., white, wheat, whole wheat Pizza crust Pretzels, soft Rolls, e.g., white, wheat, whole wheat Tortillas, wheat or corn Tortilla chips, wheat or corn Taco shells	1 serving = 25 grams or 0.9 ounce ¾ serving = 19 grams or 0.7 ounce ½ serving = 13 grams or 0.5 ounce ¼ serving = 6 grams or 0.2 ounce
Group C	Minimum Serving Size for Group C
Cookies, plain, including vanilla wafers ³ Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies ³ , fruit turnovers ⁴ and meat or meat alternate pies) Waffles	1 serving = 31 grams or 1.1 ounces ¾ serving = 23 grams or 0.8 ounce ½ serving = 16 grams or 0.6 ounce ¼ serving = 8 grams or 0.3 ounce
Group D	Minimum Serving Size for Group D
Cereal bars, breakfast bars, granola bars, plain ⁴ Doughnuts, cake and yeast raised, unfrosted ⁴ Muffins, all except corn Sweet rolls, unfrosted ⁴ Toaster pastries, unfrosted ⁴	1 serving = 50 grams or 1.8 ounces ¾ serving = 38 grams or 1.3 ounces ½ serving = 25 grams or 0.9 ounce ¼ serving = 13 grams or 0.5 ounce
Group E	Minimum Serving Size for Group E
Cereal bars, breakfast bars and granola bars with nuts, dried fruit, chocolate pieces, fruit purees ⁴ Cookies, with fillings or coverings, nuts, raisins, chocolate pieces, fruit purees ³ Doughnuts, cake and yeast raised, frosted or glazed ⁴ French toast Sweet rolls, frosted ⁴ Toaster pastries, frosted ⁴	1 serving = 63 grams or 2.2 ounces ¾ serving = 47 grams or 1.7 ounces ½ serving = 31 grams or 1.1 ounces ¼ serving = 16 grams or 0.6 ounce

SERVING SIZES FOR GRAINS/BREADS IN THE ASP ^{1, 2}

Group F	Minimum Serving Size for Group F
Cake, plain, unfrosted ³ Coffee cake ⁴	1 serving = 75 grams or 2.7 ounces ¾ serving = 56 grams or 2.0 ounces ½ serving = 38 grams or 1.3 ounces ¼ serving = 19 grams or 0.7 ounce
Group G	Minimum Serving Size for Group G
Brownies, plain ³ Cake ³ all varieties, frosted ³	1 serving = 115 grams or 4 ounces ¾ serving = 86 grams or 3 ounces ½ serving = 58 grams or 2 ounces ¼ serving = 29 grams or 1 ounce
Group H	Minimum Serving Size for Group H
Barley Breakfast cereals, cooked ⁵ Bulgur or cracked wheat Cereal grains, e.g., amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries and rolled wheat Macaroni, all shapes Noodles, all varieties Pasta, all shapes Ravioli, noodle only Rice, brown or enriched white	1 serving = ½ cup cooked (or 25 grams dry) ½ serving = ¼ cup cooked (or 13 grams dry)
Group I	Minimum Serving Size for Group I
Ready-to-eat breakfast cereals (cold dry) ⁵	1 serving = ¾ cup or 1 ounce, whichever is less ½ serving = ⅓ cup or ½ ounce, whichever is less ⅓ serving = ¼ cup or ⅓ ounce, whichever is less

- ¹ All grain/breads must be whole grain or enriched or made with whole-grain or enriched flour or meal, or bran or germ.
- ² Some foods or their accompaniments are high in sugars, salt or fat. This should be a consideration when deciding how often to serve them.
- ³ Allowed only for supplements (snacks).
- ⁴ Allowed only for supplements (snacks) and breakfasts.
- ⁵ Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast. Cereals must be whole grain, enriched or fortified.



For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#) and [Meal Patterns](#) Web page or contact the [school nutrition programs staff](#) in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/snack/ASPgb.pdf.

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