

SERVING SIZES FOR GRAINS/BREADS

in the Child and Adult Care Food Program (CACFP) ^{1,2}

The USDA final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*, updates the CACFP meal patterns, effective October 1, 2017. The current CACFP serving sizes for grains/breads under 7 CFR 226 remain in effect until that time. For more information, see the CASDE’s handout, *Serving Sizes for Grains in the CACFP (Effective October 1, 2017 through September 30, 2019)*, and the USDA’s [Nutrition Standards for CACFP Meals and Snacks](#) Web page.

Effective through September 30, 2017	
Group A	Minimum Serving Size for Group A
Bread-type coating Bread sticks, hard Chow mein noodles Crackers, saltines and snack crackers Croutons Pretzels, hard Stuffing, dry <i>Note: weights apply to bread in stuffing</i>	1 serving = 20 grams or 0.7 ounces (oz.) ¾ serving = 15 grams or 0.5 oz. ½ serving = 10 grams or 0.4 oz. ¼ serving = 5 grams or 0.2 oz.
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 Graham crackers and animal crackers, plain 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 oz. ¾ serving = 19 grams or 0.7 oz. ½ serving = 13 grams or 0.5 oz. ¼ serving = 6 grams or 0.2 oz.
Group C	Minimum Serving Size for Group C
Cookies, plain (includes vanilla wafers) ³ Cornbread Corn muffins Crackers including filled crackers, e.g., peanut butter or cheese Crackers, frosted, e.g., frosted animal crackers and chocolate-covered graham crackers ³ Croissants Pancakes Pie crust (dessert pies ³ , fruit turnovers ⁴ and meat or meat alternate pies) Waffles	1 serving = 31 grams or 1.1 oz. ¾ serving = 23 grams or 0.8 oz. ½ serving = 16 grams or 0.6 oz. ¼ serving = 8 grams or 0.3 oz.
Group D	Minimum Serving Size for Group D
Doughnuts, cake and yeast raised, unfrosted ⁴ Granola bars, plain ⁴ Muffins, all except corn Sweet rolls, unfrosted ⁴ Toaster pastries, unfrosted ⁴	1 serving = 50 grams or 1.8 oz. ¾ serving = 38 grams or 1.3 oz. ½ serving = 25 grams or 0.9 oz. ¼ serving = 13 grams or 0.5 oz.

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<i>Effective through September 30, 2017</i>	
Group E	Minimum Serving Size for Group E
Cookies, with fillings or coverings, nuts, raisins, chocolate pieces or fruit purees ³ Chocolate covered grahams ³ Doughnuts, cake and yeast raised, frosted or glazed ⁴ French toast Grain fruit bars, cereal bars ⁴ Granola bars, with nuts, raisins, chocolate pieces or fruit ⁴ Sweet rolls, frosted ⁴ Toaster pastries, frosted ⁴	1 serving = 63 grams or 2.2 oz. ¾ serving = 47 grams or 1.7 oz. ½ serving = 31 grams or 1.1 oz. ¼ serving = 16 grams or 0.6 oz.
Group F	Minimum Serving Size for Group F
Cake, plain, unfrosted ³ Coffee cake ⁴	1 serving = 75 grams or 2.7 oz. ¾ serving = 56 grams or 2.0 oz. ½ serving = 38 grams or 1.3 oz. ¼ serving = 19 grams or 0.7 oz.
Group G	Minimum Serving Size for Group G
Brownies, plain ³ Cake, all varieties, frosted ³	1 serving = 115 grams or 4 oz. ¾ serving = 86 grams or 3 oz. ½ serving = 58 grams or 2 oz. ¼ serving = 29 grams or 1 oz.
Group H	Minimum Serving Size for Group H
Barley Breakfast cereals, cooked ⁵ Bulgur or cracked wheat Cereal grains ⁶ 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 or 0.9 oz. dry) ½ serving = ¼ cup cooked (or 13 grams or 0.5 oz. dry)
Group I	Minimum Serving Size for Group I
Ready-to-eat breakfast cereals (cold dry) ⁵ Rice cakes	1 serving = ¾ cup measure or 1 oz. weight, 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. Effective October 1, 2017, all grains must be whole grain or enriched.

² Some of these grains are high in sugar, salt and fat. This should be a consideration when deciding how often to serve them.

³ Allowed only for snacks. Effective October 1, 2017, grain-based desserts cannot credit in the CACFP, e.g., cookies, sweet crackers (e.g., graham and animal crackers), sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies.

⁴ Allowed only for snacks and breakfasts. Effective October 1, 2017, grain-based desserts cannot credit in the CACFP, e.g., cookies, sweet crackers (e.g., graham and animal crackers), sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies.

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, or whole grain and enriched, or fortified. Effective October 1, 2017, breakfast cereals (cold, instant, and hot) cannot contain more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).

⁶ Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.



For information on the CACFP, visit the Connecticut State Department of Education's (CSDE) [CACFP Web site](#) or contact the [CACFP 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/cacfp/credit/gbCACFP.pdf.

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