

## Serving Sizes for Grains in the Child and Adult Care Food Program (CACFP) <sup>1</sup>

**EFFECTIVE OCTOBER 1, 2017 THROUGH SEPTEMBER 30, 2019**

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. Effective October 1, 2017, grain-based desserts cannot credit toward the grains requirement in the CACFP, including 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.

Effective October 1, 2019, serving sizes must comply with ounce equivalents for creditable grains. For more information, see the USDA's [Nutrition Standards for CACFP Meals and Snacks](#) Web page.

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 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
Cornbread Corn muffins Crackers including filled crackers, e.g., peanut butter or cheese Croissants Pancakes Pie crust (only in meat/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
Muffins, all except corn	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.

## Serving Sizes for Grains in the CACFP <sup>1</sup>, continued

EFFECTIVE OCTOBER 1, 2017 THROUGH SEPTEMBER 30, 2019	
Group E	Minimum Serving Size for Group E
French toast	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
None (grain-based desserts do not credit)	
Group G	Minimum Serving Size for Group G
None (grain-based desserts do not credit)	
Group H	Minimum Serving Size for Group H
Barley Breakfast cereals, cooked <sup>2</sup> Bulgur or cracked wheat Cereal grains, e.g., barley, quinoa <sup>3</sup> 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) <sup>2</sup> Rice cakes	1 serving = ¾ cup measure or 1 oz. weight, whichever is less

<sup>1</sup> All grains must be whole grain or enriched, or made with whole-grain or enriched flour or meal.

<sup>2</sup> Cereals must be whole-grain, or whole grain and enriched, or fortified. 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).

<sup>3</sup> 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/gbcacfpoct1.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/gbcacfpoct1.pdf).*

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