CACFP Helper Sheets
PY 2025-2026

CACFP

CHILD AND ADULT CARE FOOD PROGRAM

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Child and Adult Care Food Program

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Updates for PY 2025-26

Final Rule for School Meal Standards

On April 25, 2024, USDA's Food and Nutrition Service (FNS) published the final rule titled, Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans, which is the next step in continuing the science-based improvement of school meals and other USDA Child Nutrition Programs (CNP), as well as advancing USDA's commitment to nutrition security.

While this rulemaking is effective July 1, 2024, USDA is gradually phasing in required changes over time. Beginning PY 2025-2026, menus will need to align with added sugar limits on cereal and yogurt.

- **Breakfast Cereal**: ≤6g of added sugars per dry ounce
- **Yogurt**: ≤12g of added sugars per 6 ounces

View USDA's Implementation Timeline for Updated Nutrition Requirements in CACFP and SFSP here.

Visit **USDA** for more information on the final rule and a full description of all provision

Transitional Standards for Milk, Whole Grains, and Sodium

July 1, 2022 – The USDA issued a final rule on Transitional Standards for milk, whole grains and sodium. While the changes mostly pertain to the National School Lunch Program meal pattern requirements, the transitional requirements allow serving low-fat flavored milk to CACFP participants ages 6 and older.

Child Nutrition Program Acronyms	Term
CACFP	Child and Adult Food Program
CCC	Child Care Center
CE	Contracting Entity
CN	Child Nutrition
CNP	Child Nutrition Program
DCH	Day Care Home
DGA	Dietary Guidelines for Americans
EG	Enriched Grain
eq	equivalent
ESC	Education Service Center
F	Fruit
FBG	Food Buying Guide
FNS	Food & Nutrition Service
g	gram
IFIF	Iron-Fortified Infant Formula
IFIC	Iron-Fortified Infant Cereal
M/MA	Meat/Meat Alternate
MPR	Meal Production record
NSLP	National School Lunch Program
OVS	Offer versus Serve
oz	ounce
POS	Point of Service
RDA	Recommended Dietary Allowance
SBP	School Breakfast Program
SFSP	Summer Food Service Program
TDA	Texas Department of Agriculture
USDA	United States Department of Agriculture
VA	Vegetable Additional
VDG	Vegetable Dark Green
V	Vegetable
VL	Vegetable Legumes
VO	Vegetable Other
VR	Vegetable Red
VS	Vegetable Starchy
WGR	Whole Grain Rich

Basics at a Glance

Recipe Abbreviations

approx.	=	approximate
tsp or t	=	teaspoon
Tbsp or T	=	tablespoon
c	=	cup
pt	=	pint
qt	=	quart
gal	=	gallon
wt	=	weight
oz	=	ounce
lb or #	=	pound (e.g., 3#)
g	=	gram
kg	=	kilogram
vol	=	volume
mL	=	milliliter
L	=	liter
fl oz	=	fluid ounce
No. or #	=	number (e.g., #3)
in. or "	=	inches (e.g., 12")
°F	=	degree Fahrenheit
°C	=	degree Celsius or centigrade

Volume Equivalents for Liquids

60 drops	= 1 tsp	
1 Tbsp	= 3 tsp	= 0.5 fl oz
1/8 cup	= 2 Tbsp	= 1 fl oz
1/4 cup	= 4 Tbsp	= 2 fl oz
1/3 cup	= 5 Tbsp + 1 tsp	= 2.65 fl oz
3/8 cup	= 6 Tbsp	= 3 fl oz
1/2 cup	= 8 Tbsp	= 4 fl oz
5/8 cup	= 10 Tbsp	= 5 fl oz
2/3 cup	= 10 Tbsp + 2 tsp	= 5.3 fl oz
3/4 cup	= 12 Tbsp	= 6 fl oz
7/8 cup	= 14 Tbsp	= 7 fl oz
1 cup	= 16 Tbsp	= 8 fl oz
1/2 pint	= 1 cup	= 8 fl oz
1 pint	= 2 cups	= 16 fl oz
1 quart	= 2 pt	= 32 fl oz
1 gallon	= 4 qt	= 128 fl oz

Equivalent Weights

16 oz	= 1 lb	= 1.000 lb
12 oz	= 3/4 lb	= 0.750 lb
8 oz	= 1/2 lb	= 0.500 lb
4 oz	= 1/4 lb	= 0.250 lb
1 oz	= 1/16 lb	= 0.063 lb

Basics at a Glance

Scoops (Dishers)

Size/No.[1]	Level Measure	Color Code[2]
6	2/3 cup	
8	1/2 cup	
10	3/8 cup	
12	1/3 cup	
16	1/4 cup	
20	3-1/3 Tbsp	
24	2-2/3 Tbsp	
30	2 Tbsp	
40	1-2/3 Tbsp	
50	3-3/4 tsp	
60	3-1/4 tsp	
70	2-3/4 tsp	
100	2 tsp	

[1] Scoops are left or right hand or squeeze-type that can be used for both hands. Number on the scoop indicates how many level scoopfuls make one quart. For example, eight No. 8 scoops = 1 quart.

[2] Use colored dots matching the brand-specific color coding of scoop sizes.

Ladles Portion Servers

Ladle fl oz	Appox. Measure	Portion Server fl oz
1 oz	1/8 cup	1 oz
2 oz	1/4 cup	2 oz
3 oz	3/8 cup	3 oz
4 oz	1/2 cup	4 oz
6 oz	3/4 cup	6 oz
8 oz	1 cup	8 oz
12 oz	1-1/2 cups	—

Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled "oz." "Fl oz" would be more accurate since they measure volume, not weight.

Use ladles for serving soups, stews, creamed dishes, sauces, gravies, and other liquid products.

Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables, and condiments.

Cooking or Serving Spoons

Solid Spoons

Perforated Spoons

Slotted Spoons

Spoons vary in length (11", 13", 15", 18", 21") for ease of use in cooking or serving. Spoons can have plastic handles that are heat-resistant. Level scoops, ladles, and portion servers provide more accurate portion control than serving spoons that are not volume-standardized measure.

Specialty Spoons

A thumb notch on a server or spoon handle prevents the spoon from slipping into the pan and prevents hands from sliding into the food. Triple-edge (solid or perforated) spoons have a flat edge that increases the area where the spoon touches the bottom of the pan when stirring.

Steamtable Pan Capacity

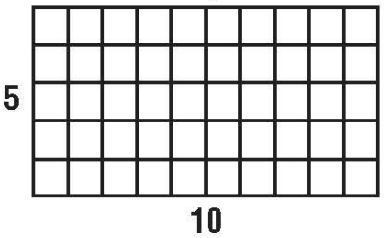
Pan Size	Approx. Capacity	Serving Size	Ladle (fl oz)	Scoop #	Approx. # Servings
12" x 20" x 2-1/2"	2 gal	1/2 cup 3/8 cup 1/3 cup 1/4 cup	4 oz 3 oz 2.65 oz 2 oz	8 10 12 16	64 80 96 128
12" x 20" x 4"	3-1/2 gal	1/2 cup 3/8 cup 1/3 cup 1/4 cup	4 oz 3 oz 2.65 oz 2 oz	8 10 12 16	112 135 168 224
12" x 20" x 6"	5 gal	1/2 cup 3/8 cup 1/3 cup 1/4 cup	4 oz 3 oz 2.65 oz 2 oz	8 10 12 16	160 200 240 320

Approximate Dimensions of Serving Sizes from Different Pan Sizes

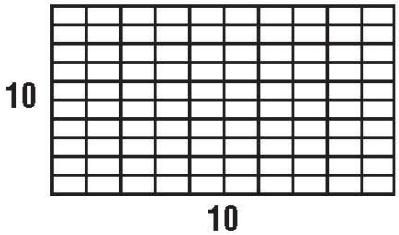
Pan	Approx. Size	No. and Approx. Size Servings per Pan		
		25	50	100
Baking or steamtable	12" x 20" x 2-1/2"	2" x 3-3/4"	2" x 2"	_ _ _ _ _
Sheet or bun	18" x 26" x 1"	3-1/4" x 5"	3-1/4" x 2-1/2"	1-3/4" x 2-1/2"

Cutting Diagrams for Portioning

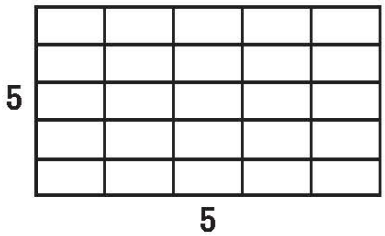
For 50 servings cut 5 x 10



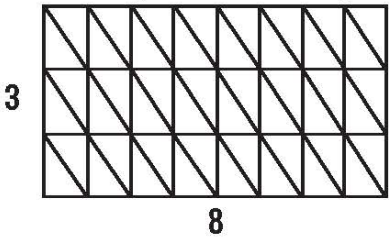
For 100 servings cut 10 x 10



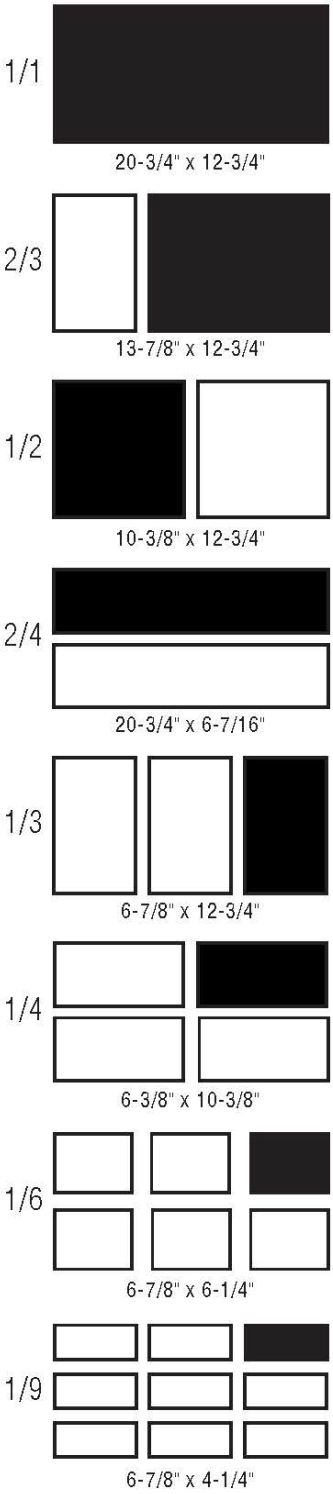
For 25 servings cut 5 x 5



For 48 servings cut 3 x 8 then diagonally



Other Pan Sizes



Steamtable or counter pans are available in various sizes. Smaller size pans may require the use of an adapter bar.

Basics at a Glance

Fraction to Decimal Equivalents

1/8	= 0.125
1/4	= 0.250
1/3	= 0.333
3/8	= 0.375
1/2	= 0.500
5/8	= 0.625
2/3	= 0.666
3/4	= 0.750
7/8	= 0.875

Metric Equivalents by Weight

Customary Unit (avoirdupois)	**Metric Unit**
Ounces (oz)	**Grams (g)**
1 oz	= 28.35 g
4 oz	= 113.4 g
8 oz	= 226.8 g
16 oz	= 453.6 g
Pounds (lb)	**Grams (g)**
1 lb	= 453.6 g
2 lb	= 907.2 g
Pounds (lb)	**Kilograms (kg)**
2.2 lb	= 1 kg (1000 g)

Metric Equivalents by Volume

Customary Unit (fl oz)	**Metric Unit**
1 cup (8 fl oz)	= 236.59 mL
1 quart (32 fl oz)	= 946.36 mL
1.5 quarts (48 fl oz)	= 1.42 L
33.818 fl oz	= 1.0 L

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Infant Meal Pattern

Encourage and Support Breastfeeding

- Providers may receive reimbursement for meals containing breastmilk either provided by the mother or breastfed directly to her infant at the day care center or home.
- Only breastmilk and infant formula are served to infants 0 – 5 months old.
- For children 1 year and older, breastmilk can be used to meet the fluid milk component of a meal. A written request from a parent is not required.

	BIRTH - 5 MONTHS	6 - 11 MONTHS
Breakfast, Lunch, or Supper	4 – 6 fluid ounces breast-milk[1] or formula[2]	6 – 8 fl oz breast-milk[1] or formula;[2] and 0 – ½ oz eq iron-fortified infant cereal;[2,3] 0-4 tbsp meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0 – 2 oz cheese; or 0 – 4 oz (volume) cottage cheese; or 0 – 4 oz yogurt;[4] or a combination of the above;[5] and 0 – 2 tbsp vegetable, fruit, or a combination of both.[5,6]
Snack	4 – 6 fluid ounces breast-milk[1] or formula[2]	2 – 4 fl oz breast-milk[1] or formula;[2] and 0 – ½ oz eq bread;[3,7] or 0 – ¼ oz eq crackers;[3,7] or 0 – ½ oz eq iron-fortified infant cereal;[3,7] or 0 – ¼ oz eq ready-to-eat breakfast cereal;[3,5,7,8] and 0 – 2 tbsp vegetable, fruit, or a combination of both.[5,6]

1 Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered at a later time if the infant will consume more.
2 Infant formula and dry infant cereal must be iron-fortified.
3 Information on crediting grain items may be found in FNS guidance.
4 Through Sept. 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By Oct. 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).
5 A serving of this component is required when the infant is developmentally ready to accept it.
6 Fruit and vegetable juices must not be served.
7 A serving of grains must be whole grain-rich, enriched meal, enriched flour, bran, or germ.
8 Through Sept. 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By Oct. 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

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Child and Adult Meal Patterns

BREAKFAST MEAL PATTERNS Serve Milk, Grains*, Vegetables or Fruit

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

** Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.* *oz eq = ounce equivalents*

LUNCH & SUPPER MEAL PATTERNS Serve all 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Meat & Meat Alternates	1 oz	1 1/2 oz	2 oz	2 oz
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

**A serving of milk is not required at supper meals for adults* *oz eq = ounce equivalents*

SNACK MEAL PATTERNS Serve 2 of the 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Meat & Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

oz eq = ounce equivalents

Beginning October 1, 2025:

- Breakfast Cereals must contain no more than 6 grams of added sugars per dry ounce
- Yogurt must contain no more than 12 grams of added sugars per 6 ounces

Child and Adult Meal Patterns

The meal patterns include a variety of vegetables, fruits, and whole grains, with small amounts of added sugar and saturated fats. Additional things to keep in mind when serving meals include:

Greater Variety of Vegetables and Fruit

- Vegetables and Fruit are separate components for lunch and supper.
- Juice is limited to once per day, across all eating occasions.
- A second vegetable may be served in place of fruit at lunch/supper.

More Whole Grains

- At least one serving per day across all eating occasions must be whole grain-rich.
- Grain-based desserts do not count towards the Grains component.

More Protein Options

- Meat/meat alternates may be served in place of the entire Grains component at breakfast a maximum of three times per week.
- Tofu, soy yogurt, tempeh, and surimi are creditable meat alternates.

Less Added Sugar

- Yogurt must contain no more than 12 grams of added sugars per 6 ounces.
- Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

Making Every Sip Count

- Children 1 year old must be served unflavored whole milk.
- Children 2 – 5 years old must be served unflavored low-fat or fat-free milk.
- Children 6 years old and older as well as adults must be served unflavored low-fat or fat-free milk or fat-free flavored milk.
- Adults may be served yogurt in place of milk once per day, and milk is optional at supper for adults only.

Additional Improvements

- Offer versus serve is allowed for adults and at-risk afterschool programs, excluding snack.
- Frying is not allowed as a method of preparing food on-site.

CACFP
Best Practices

Infants

- Support those who choose to breastfeed their infants by encouraging them to supply breastmilk for their infants while in day care and offering a quiet, private area that is comfortable and sanitary for those who come to the center or day care home to breastfeed.

Vegetables and Fruit

- Make at least one of the two required components of snack a vegetable or a fruit.
- Serve a variety of fruits and choose whole fruits (fresh, canned, frozen, or dried) more often than juice.
- Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week.

Grains

- Provide at least two servings of whole grain-rich grains per day

Meat/Meat Alternates

- Serve only lean meats, nuts, and legumes.
- Limit serving processed meats to no more than one serving per week.
- Serve only natural cheeses and choose low-fat or reduced-fat cheeses.

Milk

- Serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, or adults, use the Nutrition Facts Label to select and serve flavored milk that contains no more than 10 grams of added sugars per 8 fluid ounces.
- Serve water as a beverage when serving yogurt in place of milk for adults.

Additional Best Practices

- Incorporate seasonal and locally produced foods into meals.
- Limit serving purchased pre-fried foods to no more than one serving per week.
- Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g., honey, jam, syrup), mix-in ingredients sold with yogurt (e.g., honey, candy or cookie pieces), and sugar-sweetened beverages (e.g., fruit drinks or sodas).
- In adult day care centers, offer and make water available to adults upon their request throughout the day.

Helpful Formulas

When planning how much to prepare or purchase:

$$\frac{\text{\# of Servings Needed}}{\text{Helper Sheets Factor}} = \textbf{Amount of Purchased Units Needed}$$

Example: 30 Servings of Applesauce, #10 can

$$\frac{\text{30 – ¼ c servings (Children Ages 3-5, 6-12, 13-18)}}{\text{47.6 – ¼ c servings / \#10 can (Helper Sheets Factor)}} = \text{0.63 \#10 cans needed (if a decimal, round up)} = \textbf{One \#10 can needed}$$

When identifying how many servings you have on hand and check your math:

$$\text{\# of Purchased Units On Hand} \times \text{Helper Sheets Factor} = \textbf{\# of Servings On Hand}$$

***Example:** Applesauce, #10 Can

$$\text{20 \#10 cans of Applesauce} \times \text{47.6 – ¼ c servings / \#10 can (Helper Sheets Factor)} = \textbf{95.2 – ¼ c servings (always round down, if a decimal)}$$

USDA Food Buying Guide

MILK	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT		
		1 /2 cup	3/4 cup	1 cup
Milk, Fluid	Gallon	32	21.3	16
Milk, Fluid	Quart	8	5.3	4
Milk, Fluid	Pint	4	2.6	2

Meal Components
Meat/Meat Alternate

USDA Food Buying Guide

MEAT/MEAT ALTERNATE ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT		
		1 oz	1.5 oz	2 oz
Beans, Black, Dry, Canned, Heated, Drained	#10 Can	37	24.7	18.5
Beans, Black, Dry, Whole, Cooked	Pound	18.3	12.2	9.2
Beans, Black-Eyed, Dry, Canned, Heated, Drained	#10 Can	37.7	25.1	18.9
Beans, Black-Eyed, Dry, Whole, Cooked	Pound	28.3	18.9	14.2
Beans, Garbanzo, Dry, Canned, Heated, Drained	#10 Can	42	28	21
Beans, Garbanzo, Dry, Whole, Cooked	Pount	24.6	16.4	12.3
Beans, Great Northern, Dry, Canned, Heated, Drained	#10 Can	32.4	21.6	16.2
Beans, Great Northern, Dry, Whole, Cooked	Pound	25.5	17	12.7
Beans, Kidney, Dry, Canned, Heated, Drained	#10 Can	38.9	25.9	19.4
Beans, Kidney, Dry, Whole, Cooked	Pound	24.8	16.5	12.4
Beans, Pinto, Canned, Heated, Drained	#10 Can	37.2	24.8	18.6
Beans, Pinto, Dry, Cooked, Drained	Pound	21	14	10.5
Beans, Refried, Canned, Heated	#10 Can	49.6	33	24.8
Beans, Refried, Dehydrated, Cooked	Pound	20.5	13.6	10.2
Beef, Ground, Fresh or Frozen, 10% Fat, Cooked	Pound	12.1	8	6
Beef, Ground, Fresh or Frozen, 15% Fat, Cooked	Pound	12	8	6
Beef, Ground, Fresh or Frozen, 20% Fat, Cooked	Pound	11.8	7.8	5.9
Beef Stew Meat, Fresh or Frozen, Cooked	Pound	9.8	6.5	4.9
Cheese, American, Mozzarella, Cheddar	Pound	16	10.6	8
Cheese, Cottage or Ricotta (2 oz serving 1/4 c = 1 oz MMA)	Pound	8	5.3	4
Chicken, 8 piece, Frozen, Heated 1 breast piece, OR 1 drumstick & 1 wing, OR 1 thigh w/ back = 2 oz MMA	40 lb box			83
Chicken, Diced or Pulled, Cooked, Frozen	Pound	16	10.6	8
Eggs, Frozen, Whole Eggs, Pasteurized	Pound	18	12	9
Eggs, in Shell, Fresh, Large, Whole	Dozen	24	16	12
Peanut /Almond /Sunflower Butter (including Reduced Fat) (2 Tbsp = 1 oz MMA)	#10 Can	#30 SC 97.5	#20 SC 65	#16 SC 48.7

Meat/Meat Alternate

USDA Food Buying Guide

MEAT/MEAT ALTERNATE ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT		
		1 oz	1.5 oz	2 oz
Pork, Mild Cured, Ready to Cook, Chilled or Frozen, Ham w/o bone (1.2 oz Ham w/Water Added = 1 oz MMA) (1.8 oz Ham w/Water Added = 1.5 oz MMA) (2.44 oz Ham w/Water Added = 2 oz MMA)	Pound	10	6.6	5
Tuna, Water Packed, Canned, Chunk Style, Drained	12 oz. can	10.5	7	5.2
Tuna, Water Packed, Canned, Chunk Style, Drained	66 1/2 oz. can	51.2	34.1	25.6
Turkey, Boneless, Fresh or Frozen w/Skin	Pound	11.2	7.4	5.6
Turkey, Cooked, Frozen, Diced or Pulled, w/o Skin	Pound	16	10.6	8
Turkey Ham, Fully Cooked, Chilled or Frozen (1.4 oz = 1 oz MMA) (2.1 oz = 1.5 oz MMA) (2.8 oz = 2 oz MMA)	Pound	11.2	7.4	5.6
Turkey Ham, Fully Cooked, Chilled or Frozen (15% added ingredients) (1.7 oz = 1 oz MMA) (2.6 oz = 1.5 oz MMA) (3.4 oz = 2 oz MMA)	Pound	9.41	6.2	4.7
Turkey Roast, Frozen, w/o Bone, USDA Foods Only (w/o Skin)	Pound	10.5	7	5.2
Turkey, Whole, Fresh or Frozen, (w/o Neck & Giblets) (w/o Skin)	Pound	7.5	5	3.7
Turkey, Whole, Fresh or Frozen, (w/Neck & Giblets) (w/Skin)	Pound	7.6	5.1	3.8
Yogurt, Fresh or Soy, Plain or Flavored, Sweetened or Unsweetened, Commercially Prepared (1/2 cup or 4 oz = 1oz MMA) (3/4 cup or 6 oz = 1.5 oz MMA)	32 oz Container	8	5.3	4

Meal Components
Vegetable Subgroups

DARK GREEN		RED/ORANGE	BEANS, PEAS, & LENTILS
• Arugula • Beet greens • Bok choy • Broccoli • Broccoli rabe (rapini) • Broccolini • Butterhead lettuce (Boston, Bibb) • Chicory • Cilantro • Collard greens • Endive	• Escarole • Fiddle heads • Grape leaves • Kale • Mesclun • Mustard greens • Parsley • Spinach • Swiss chard • Red leaf lettuce • Romaine lettuce • Turnip greens • Watercress	• Bell peppers (red, orange) • Carrots, orange • Cherry peppers • Orange peppers • Pimientos • Pumpkin • Red chili peppers • Red peppers • Salsa (100% vegetables) • Spaghetti squash • Sweet potatoes/yams • Tomatoes • Tomato juice • Winter squash (acorn, butternut, Hubbard)	• Black beans • Black-eyed peas (mature, dry) • Cowpeas • Edamame • Fava beans • Garbanzo beans (chickpeas) • Great Northern beans • Kidney beans • Lentils • Lima beans (mature, dry) • Mung beans • Navy beans • Pink Beans • Pinto beans • Red beans • Refried beans • Soy beans (mature, dry) • Split peas • White beans

STARCHY	OTHER	
• Black-eyed peas, fresh (not dry) • Corn • Cassava (yucca) • Cowpeas, fresh (not dry) • Field peas, fresh (not dry) • Green bananas • Green peas • Hominy, whole (canned, drained) • Jicama • Lima beans, green (not dry) • Parsnips • Pigeon peas, fresh (not dry) • Plantains • Potatoes • Poi • Taro (malanga) • Water chestnuts • Yautia (tannier)	• Artichokes • Asparagus • Avocado • Bamboo shoots • Bean sprouts, cooked only (for food safety) • Beans, green/yellow • Beets • Breadfruit • Brussel sprouts • Cabbage (green, red, napa) • Cactus (nopales) • Cauliflower • Carrots, rainbow • Celery • Chayote (mirliton) • Chives • Cucumbers • Daikon • Eggplant	• Garlic • Iceberg lettuce • Mixed greens lettuce • Mixed vegetables • Mushrooms • Okra • Olives • Onion • Pepperoncini • Peppers (green, sweet bell, green chilies, jalapeno, purple, yellow) • Pickles • Radishes • Sauerkraut • Snap/Snow peas • Spaghetti squash • Tomatillos • Zucchini

Meal Components
Vegetable Subgroups – Dark Green

USDA Food Buying Guide

DARK GREEN VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT		
		1/4 CUP	1/2 CUP	1 CUP
Broccoli, Fresh, Florets, Cooked	Pound	11.5	5.75	2.9
Broccoli, Fresh, Florets, Trimmed, RTU	Pound	28.8	14.4	7.2
Broccoli, Fresh, Spears, Trimmed, RTU	Pound	17	8.5	4.25
Broccoli, Fresh, Spears, Trimmed, Cooked, Drained	Pound	13	6.5	3.25
Broccoli, Frozen, Chopped, Cooked, Drained	Pound	9.6	4.8	2.4
Collard Greens, Canned, Cooked, Drained	#10 Can	27.2	13.6	6.8
Kale, Fresh, Trimmed, With Stem, RTU	Pound	35.7	17.85	8.9
Lettuce, Dark Green Leafy, Untrimmed *	Pound	21.7	10.8	5.4
Lettuce, Romaine, Untrimmed *	Pound	31.3	15.6	7.8
Salad Mix, Romaine/Spinach, w/color, RTU *	Pound	36	18	Approx 9
Salad Mix, Romaine/Spinach, w/out color, RTU *	Pound	28	14	Approx 7
Spinach, Fresh, Leaves, RTU*	Pound	25.6	12.8	6.4
Spinach, Canned, Heated, Drained	#10 Can	25.2	12.6	3.2
Spinach, Frozen, Chopped, Cooked, Drained	Pound	5.6	2.8	1.4

*1 cup of fresh green leafy vegetables credits as ½cup in NSLP/SBP. EX: 1 cup fresh Romaine credits as ½ cup vegetable.

Meal Components

Vegetable Subgroups – Red/Orange

USDA Food Buying Guide

RED/ORANGE VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Carrots, Fresh, Shredded, RTU	Pound	19.9	9.9
Carrots, Fresh, Sticks, RTU	Pound	15.4	7.7
Carrots, Baby, RTU	Pound	12.9	6.4
Carrots, Canned, Sliced, Cooked, Drained	#10 Can	37.2	18.6
Carrots, Frozen, Sliced, Cooked, Drained	Pound	11.16	5.58
Peppers, Bell, Fresh, Orange or Red, Medium or Large, Whole, Chopped or Diced	Pound	9.7	4.85
Peppers, Bell, Fresh, Orange or Red, Medium or Large, Whole, Strips	Pound	14.7	7.3
Peppers, Bell, Frozen, Orange or Red, Diced, Cooked, Drained	Pound	7.3	3.65
Pumpkin, Canned, Heated	#10 Can	51.5	25.7
Salsa, Canned, all vegetable ingredients plus a minor amount of spices	#10 Can	49.3	24.6
Squash, Acorn, Mashed, Cooked, Drained	Pound	4.7	2.3
Squash, Butternut, Cubed, Cooked, Drained	Pound	7.5	3.7
Squash, Hubbard, Cubed, Cooked, Drained	Pound	4.4	2.2
Sweet Potato, Fresh, Whole, Baked	Pound	6.6	3.3
Sweet Potatoes, Canned, Cut, Light Syrup, Heated, Drained	#10 Can	33.8	16.9
Sweet Potatoes, Canned, Mashed, Heated	#10 Can	49.1	24.5
Sweet Potato, Fries, Puff	Pound	10	5
Sweet Potato, Fries, Straight Cut	Pound	11.5	5.75
Tomato Products Canned, Tomato Paste	#10 Can	192	96
Tomato Products, Canned, Spaghetti Sauce, Meatless	#10 Can	47.9	23.95
Tomatoes, Fresh, Cherry, Whole	Pound	12.1	6.05
Tomatoes. Fresh, Small or Medium, Whole, Sliced	Pound	8.5	4.3
Tomatoes, Fresh, Diced, RTU	Pound	8.74	4.37
Tomatoes, Canned, Crushed, Heated, Vegetable & Juice	#10 Can	46.6	23.3
Tomatoes, Canned, Diced, Heated, Vegetable & Juice	#10 Can	49.2	24.6
Tomatoes, Canned, Whole or Stewed, Heated , Vegetable & Juice	#10 Can	45.5	22.7

USDA Food Buying Guide

BEANS, PEAS, AND LENTILS VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Beans, Baked in Sauce, Vegetarian, Heated	#10 Can	47.1	23.5
Beans, Baked, Sauce & Pork, Canned, Heated	#10 Can	48.9	24.4
Beans, Black, Dry, Canned, Heated, Drained	#10 Can	37	18.5
Beans, Black, Dry, Whole, Cooked	Pound	18.3	9.1
Beans, Black-eyed Peas, Canned, Heated, Drained	#10 Can	37.7	18.8
Beans, Black-eyed Peas, Canned, Unheated	#10 Can	46	23
Beans, Garbanzo or Chickpea, Dry, Canned, Heated, Drained	#10 Can	45.5	22.75
Beans, Kidney, Dry, Canned, Heated, Drained	#10 Can	38.9	19.45
Beans, Lima, Dry, Baby, Cooked	Pound	23.4	11.7
Beans, Pinto, Canned, Heated, Drained	#10 Can	37.2	18.6
Beans, Pinto, Dry, Cooked	Pound	21	10.5
Beans, Refried, Canned, Heated	#10 Can	49.6	24.8
Beans, Refried, Dehydrated, Cooked	Pound	20.5	10.2
Beans, Soy (Edamame), Fresh, Shelled, Cooked, Drained	Pound	10.7	5.35
Beans, Soy (Edamame), Canned, Shelled, Heated, Drained	Pound	7.3	3.65

Meal Components
Vegetable Subgroups - Starchy

USDA Food Buying Guide

STARCHY VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Corn, Canned, Whole Kernel, Heated, Drained	#10 Can	39.6	19.8
Corn, Frozen, Whole Kernel, Cooked	Pound	11	5.5
Corn, Frozen, On the Cob, Cooked (3 inch Ear) 1 cobbette = ¼ cup Vegetable	Pound	4.2	2.1
Corn, Frozen, On the Cob, Cooked, (5¼ inch Ear) 1 medium cob = ½ cup Vegetable	Pound	4.88	2.44
Jicama, Fresh, Peeled, Strips	Pound	11.9	5.9
Peas, Black-eyed, Fresh, Shelled, Cooked, Drained	Pound	10.3	5.15
Peas, Green, Canned, Heated, Drained	#10 Can	36.7	18.3
Peas, Green, Frozen, Cooked, Drained	Pound	9.5	4.7
Potatoes, Frozen, Hash browns, Diced, Cooked	Pound	7.7	3.8
Potatoes, Frozen, Rounds, Baked	Pound	12.2	6.1
Potatoes, Russet, 100 Count, Whole, Baked w/ Skin	Pound	6.7	3.3
Potatoes, Diced, Canned, Drained, Unheated	#10 Can	39.9	19.9
Potatoes, Small Whole, Canned, Heated, Drained	#10 Can	43.7	21.8
Potatoes, Wedges, Frozen, Cooked	Pound	11.9	5.9
Potatoes, Diced, Frozen, Precooked, Cooked	Pound	8.9	4.4
Potatoes, Dehydrated, Granules, Reconstituted, Heated	Pound	50.5	25.2
Potatoes, French Fries, Frozen, Crinkle Cut, Cooked	Pound	12.6	6.3
Potatoes, French Fries, Frozen, Curly, Cooked	Pound	16.2	8.1
Potatoes, French Fries, Frozen, Straight-Cut, Cooked	Pound	14	7

Meal Components
Vegetable Subgroups
Other

USDA Food Buying Guide

OTHER VEGETABLE SUBGROUP	PURCHASE UNIT	SERVING PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Beans, Green, Canned, Cut, Heated, Drained	#10 can	45.3	22.6
Beans, Green, Frozen, Cut, Cooked, Drained	Pound	11.6	5.8
Cabbage, Fresh, Green, Untrimmed, Raw, Chopped	Pound	17.7	8.8
Cabbage, Green, Shredded, RTU	Pound	27	13.5
Cabbage, Red, Shredded, RTU	Pound	22.8	11.4
California Blend, Frozen, Cooked, Drained (Broccoli, Carrots and Cauliflower)	Pound	10.6	5.3
Cauliflower, Fresh, Florets, RTU, Cooked, Drained	Pound	14.1	7.05
Celery, Fresh, Trimmed, Raw Vegetable Sticks	Pound	12.2	6.1
Celery, Fresh, Sticks, RTU	Pound	14	7
Cucumbers, Fresh, Whole, Unpeeled, Sliced	Pound	12.4	6.2
Cucumbers, Fresh, Whole, Unpeeled, Sticks	Pound	11.8	5.9
Lettuce, Fresh, Iceberg, Head, Untrimmed, Raw	Pound	13.9	6.95
Lettuce, Mixed Greens (Iceberg and Romaine w/Shredded Carrots & Red Cabbage)	Pound	25.7	12.8
Lettuce, Salad Mix (Iceberg, some Romaine, w/Shredded Carrot & Red Cabbage)	Pound	26.4	13.2
Mushrooms, Fresh, Whole, Raw, Sliced	Pound	18.7	9.3
Mushrooms, Fresh, Slices, RTU	Pound	18.5	9.2
Mushrooms, Canned, Drained	#10 Can	49.4	24.7
Okra, Fresh, Whole, Cooked, Drained, Sliced	Pound	9	4.5
Okra, Frozen, Cut, Cooked, Drained	Pound	9.1	4.5
Onions, Fresh, Whole, Raw, Chopped	Pound	9.3	4.6
Onions, Frozen, Chopped, Cooked	Pound	5.9	2.9
Peppers, Bell, Green or Yellow, Fresh, Diced	Pound	9.7	4.8
Squash, Summer, Fresh, Yellow, Cubed, Cooked, Drained	Pound	7.3	3.6
Squash, Summer, Fresh, Yellow, Sliced, Cooked, Drained	Pound	8.4	4.2
Squash, Summer, Frozen, Yellow, Sliced, Cooked, Drained	Pound	7.9	3.9
Squash, Summer, Fresh, Zucchini, Cubed, Cooked, Drained	Pound	7.6	3.8
Squash, Summer, Fresh, Zucchini, Sliced, Cooked, Drained	Pound	10.2	5.1
Squash, Summer, Frozen, Zucchini, Sliced, Drained	Pound	7	3.5

Meal Components
Fruit

USDA Food Buying Guide

FRUIT	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Apples, Fresh, Small, Unpeeled, 125-138 Count/Case (¼ apple = ¼ cup Fruit)	Pound	14.8	7.4
Apples, Fresh, Unpeeled, Cored, Sliced	Pound	14.6	7.3
Apples, Canned, Sliced, Drained	#10 Can	47.5	23.7
Applesauce, Canned	#10 Can	47.6	23.8
Apricots, Canned, Diced, Fruit & Juice	#10 Can	48	24
Apricots, Canned, Halves, Unpeeled, Drained	#10 Can	29.3	14.7
Apricots, Canned, Slices, Peeled, Fruit & Juice	#10 Can	45.7	22.9
Bananas, Fresh, Regular, 100-120 Count, Sliced	Pound	7	3.5
Bananas, Fresh, Regular, Unpeeled, 100-120 Count	Pound	5.3	2.6
Blackberries, Fresh, Whole	Pound	11.9	5.9
Blueberries, Fresh, Whole	Pound	11.9	5.9
Blueberries, Frozen, Unsweetened, Whole, Cooked with Added Sugar	Pound	7.8	3.9
Blueberries, Frozen, Unsweetened, Whole, Thawed	Pound	11.9	5.9
Cantaloupe, Whole, 15 Count, Cubed	Pound	6.7	3.3
Cantaloupe, Whole, 18 Count, Cubed	Pound	5.7	2.8
Cherries, Red Tart, Canned, Drained	#10 Can	36.2	18.1
Clementines, Fresh, Whole, Peeled	Pound	12	6
Cranberry Relish or Sauce, Canned	#10 Can	48	24
Fruit, Mixed, Canned, Fruit Cocktail, Fruit & Liquid	#10 Can	46.9	23.5
Grapefruit, Fresh, Whole, Peeled	Pound	6.4	3.2
Grapes, Fresh, Seedless, Whole, w/o Stem	Pound	11.6	5.8
Grapes, Fresh, Seedless, Whole, w/Stem	Pound	10.5	5.2
Honeydew Melon, Fresh, Whole, Cubed	Pound	4.9	2.4
Kiwi, Fresh, Whole, Unpeeled Halves, 33-39 Count	Pound	10.8	5.4
Lemons, Fresh, Whole	Pound	3.1	1.55
Limes, Fresh, Whole	Pound	3.5	1.75
Mangoes, Frozen, Unsweetened, Diced	Pound	7.5	3.8

USDA Food Buying Guide

FRUIT	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Orange, Fresh, 125 Count, Unpeeled	Pound	5.8	2.9
Oranges, Mandarin, Canned, Drained	#10 Can	30.2	15.1
Peach, Fresh, Small, Whole	Pound	8.2	4.1
Peach, Fresh, Medium, Whole	Pound	7	3.5
Peaches, Canned, Diced, Drained	#10 Can	35.4	17.7
Peaches, Canned, Diced, Fruit & Juice	#10 Can	48.6	24.3
Peaches, Canned, Sliced, Drained	#10 Can	36.1	18
Peaches, Canned, Sliced, Fruit & Juice	#10 Can	50	25
Peaches, Frozen, Sliced, Sweetened or Unsweetened, Thawed, Fruit & Juice	Pound	7.34	3.6
Pears, Fresh, All Sizes, Whole,	Pound	7.9	3.9
Pears, Canned, Diced, Drained	#10 Can	38	19
Pears, Canned, Diced, Fruit & Liquid	#10 Can	47.6	23.8
Pears, Canned, Halves, Drained	#10 Can	31	15.5
Pears, Canned, Halves, Fruit & Liquid	#10 Can	52	26
Pears, Canned, Sliced, Drained	#10 Can	29.5	14.7
Pears, Canned, Sliced, Fruit & Liquid	#10 Can	49.7	24.8
Pineapple, Canned, Chunks, Drained	#10 Can	31.8	15.9
Pineapple, Canned, Chunks, Fruit & Liquid	#10 Can	49.9	24.9
Pineapple, Canned, Slices, Drained	#10 Can	37.7	18.8
Pineapple, Canned, Slices, Fruit & Juice (approx 60 slices)	#10 Can	47.5	23.7
Pineapple, Canned, Tidbits, Drained	#10 Can	33.4	16.7
Pineapple, Canned, Tidbits, Fruit & Juice	#10 Can	50.1	25
Plums, Fresh, Whole	Pound	9.8	4.9
Raisins, Seedless, (¼ cup Serving = ½ cup Fruit)	Pound	12.6	6.3
Strawberries, Fresh, Whole,	Pound	10.5	5.2
Strawberries, Frozen, Sliced, Unsweetened, Thawed, Fruit & Liquid	Pound	7.2	3.6
Tangerines, Fresh, Whole, Peeled	Pound	7.8	3.9
Watermelon, Fresh, Whole, Diced, w/o Rind	Pound	6.1	3

Meal Components
Grains

USDA Food Buying Guide

GRAINS	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Cereal Grain, Oats Rolled, Quick, Dry, Cooked	Pound	47.6	23.8
Cereal Grain, Oats Rolled, Regular, Dry, Cooked	Pound	45.4	22.7
Corn Chips	Pound	10	20
Pasta, Bowties, Whole Wheat, Regular, Dry, Cooked	Pound	28.5	14.25
Pasta, Elbow Macaroni, Whole Wheat, Regular, Dry, Cooked	Pound	32.5	16.2
Pasta, Penne, Whole Wheat, Dry, Cooked	Pound	34.5	17.2
Pasta, Shells, Whole Wheat, Dry, Cooked	Pound	30.5	15.25
Pasta, Spaghetti, Whole Wheat , Regular, Dry, Cooked	Pound	34	17
Rice, Brown, Instant, Dry, Cooked	Pound	28.8	14.4
Rice, Brown, Long Grain, Dry, Cooked	Pound	17.5	8.75
Rice, Brown, Long Grain, Dry, Parboiled, Cooked	Pound	31	15.5
Wild Rice, Dry, Cooked	Pound	34.8	17.4

Grains – Exhibit A

Exhibit A: Grain Requirements For Child Nutrition Programs[1, 2]

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group A	**Ounce Equivalent (oz eq) for Group A**	**Minimum Serving Size for Group A**
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) *Note: weights apply to bread in stuffing*	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	**Ounce Equivalent (oz eq) for Group B**	**Minimum Serving Size for Group B**
Bagels Batter type coating Biscuits Breads - all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet Crackers[5] (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz

1. In the NSLP and SBP (grades K-12), at least eighty percent of the weekly grains offered must meet the whole grain-rich criteria and the remaining grain items offered must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Please note: State agencies have the discretion to set stricter requirements than the minimum nutrition standards for school meals. For additional guidance, please contact your State agency. For all other Child Nutrition Programs, grains must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Under the CACFP child and adult meal patterns, and in the NSLP/SBP preschool meals, at least one grains serving per day must meet whole grain-rich criteria.
2. For the NSLP and SBP (grades K-12), grain quantities are determined using ounce equivalents (oz eq). All other Child Nutrition Programs determine grain quantities using grains/breads servings. Beginning Oct. 1, 2021, grain quantities in the CACFP and NSLP/SBP infant and preschool meals will be determined using oz eq. Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

5. Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10. May count toward the grains component in the SBP (grades K-12), CACFP, NSLP/SBP infant and preschool meals, and SFSP.

Exhibit A: Grain Requirements For Child Nutrition Programs[1, 2]

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group C	**Ounce Equivalent (oz eq) for Group C**	**Minimum Serving Size for Group C**
Cookies[3] (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies[3], cobbler[3], fruit turnovers[4], and meats/meat alternate pies) Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz
Group D	**Ounce Equivalent (oz eq) for Group D**	**Minimum Serving Size for Group D**
Doughnuts[4] (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars[4] (plain) Muffins (all, except corn) Sweet roll[4] (unfrosted) Toaster pastry[4] (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz
Group E	**Ounce Equivalent (oz eq) for Group E**	**Minimum Serving Size for Group E**
Cereal bars, breakfast bars, granola bars[4] (with nuts, dried fruit, and/or chocolate pieces) Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts[4] (cake and yeast raised, frosted or glazed) French toast Sweet rolls[4] (frosted) Toaster pastry[4] (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz

3. Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.
4. Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP and NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

Exhibit A: Grain Requirements For Child Nutrition Programs[1, 2]

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group F	**Ounce Equivalent (oz eq) for Group F**	**Minimum Serving Size for Group F**
Cake[3] (plain, unfrosted) Coffee cake[4]	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
Group G	**Ounce Equivalent (oz eq) for Group G**	**Minimum Serving Size for Group G**
Brownies[3] (plain) Cake[3] (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H	**Ounce Equivalent (oz eq) for Group H**	**Minimum Serving Size for Group H**
Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked)[6,7] Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice	1 oz eq = 1/2 cup cooked Or 1 ounce (28 gm) dry	1 serving = 1/2 cup cooked Or 25 gm dry
Group I	**Ounce Equivalent (oz eq) for Group I**	**Minimum Serving Size for Group I**
Ready to eat breakfast cereal (cold, dry)[6,7]	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola	1 serving = 3/4 cup or 1 oz, whichever is less

3. Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

4. Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP and NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

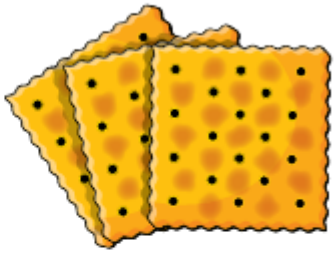
6. Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

7. In the NSLP and SBP, cereals that list a whole grain as the first ingredient must be fortified, or if the cereal is 100 percent whole grain, fortification is not required. For all Child Nutrition Programs, cereals must be whole-grain, enriched, or fortified; cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.

Meal Components
Grain-Based Desserts

Grain-based desserts like those in the chart below are NOT creditable in the CACFP. The USDA Exhibit A Grains Chart lists many grains-based dessert, but not all.

Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
• Brownies • Cakes, including coffee cake and cupcakes • Cereal bars, breakfast bars, and granola bars • Cookies, including vanilla wafers • Doughnuts, any kind • Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies • Gingerbread • Ice cream cones • Marshmallow cereal treats • Pie crusts of dessert pies, cobblers, and fruit turnovers • Sweet bread puddings • Sweet biscotti, such as those made with fruits, chocolate, icing, etc. • Sweet croissants, such as chocolate-filled • Sweet pita chips, such as cinnamon-sugar flavored • Sweet rice puddings • Sweet scones, such as those made with fruits, icing, etc. • Sweet rolls, such as cinnamon rolls • Toaster pastries	• Banana bread, zucchini bread, and other quick breads • Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified • Cornbread • Crackers, all types • French Toast • Muffins • Pancakes • Pie crusts of savory pies, such as vegetable pot pie and quiche • Plain croissants • Plain or savory pita chips • Savory biscotti, such as those made with cheese, vegetables, herbs, etc. • Savory bread puddings, such as those made with cheese, vegetables, herbs, etc. • Savory rice puddings, such as those made with cheese, vegetables, etc. • Savory scones, such as those made with cheese, vegetables, herbs, etc. • Teething biscuits, crackers, and toasts • Tortillas and tortilla chips • Waffles



- Even if a food is not listed as a grain-based dessert, it can still be high in added sugars. As a best practice, compare grains and choose those that are lower in sugars.

- Look for alternatives to sweet toppings (such as syrups, honey, and cinnamon sugars). For example, try topping pancakes with fruits instead of syrup. Starting these practices early helps kids develop healthy habits.

Meal Components
Grain Ounce Equivalents

Using the Grain Ounce Equivalents Chart

1. **Look at the Nutrition Facts Label**
2. **Determine how many grams is in a serving**
   - Ex: 1 serving = 5 crackers (16g)
3. **Find the grain item in the Exhibit A Grains Chart**
4. **Find the ounce equivalent for the grain item**
   - Ex: ½ oz eq equals 11-16 grams, so one serving of crackers (16g) is equal to ½ oz eq of grain.

1.

Nutrition Facts

Premium Original Sea Salt Saltine Crackers

about 28 Serving Per Container

2.

Serving Size 5.00 crackers(16g)

Amount Per Serving

Calories 70

Calories from Fat 0

Exhibit A: Grains Chart

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group A	**Ounce Equivalent (oz eq) for Group A**	**Minimum Serving Size for Group A**
Bread type coating	1 oz eq = 22 gm or 0.8 oz	1 serving = 20 gm or 0.7 oz
Breadsticks (hard)	3/4 oz eq = 17 gm or 0.6 oz	3/4 serving = 15 gm or 0.5 oz
Chow Mein noodles	1/2 oz eq = 11 gm or 0.4 oz	1/2 serving = 10 gm or 0.4 oz
Savory Crackers (saltines and snack crackers)	1/4 oz eq = 6 gm or 0.2 oz	1/4 serving = 5 gm or 0.2 oz
Croutons		
Pretzels (hard)		
Stuffing (dry) *Note: weights apply to bread in stuffing*		

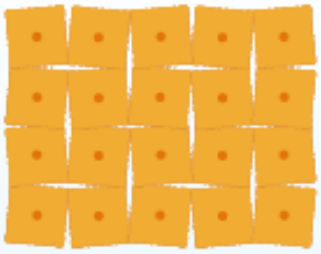
3.

4.

Using Ounce Equivalents for Grains in the CACFP

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

How Much Is 1 Ounce Equivalent?



20 cheese crackers (1" by 1") = 1 oz. eq.

12 thin wheat crackers (1 ¼" by 1 ¼") = 1 oz. eq.

5 woven whole-wheat crackers (1 ½" by 1 ½") = 1 oz. eq.

Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

1 Find the grain you want to serve under the "Grain Item and Size" column.

2 Check if the chart lists a size or weight by the name of the grain. If the chart:

Lists a weight for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.

Lists a size for the grain, such as *about 1 ¼" by 1 ½"*, then check if the item is the same size, or larger than, this amount. See page 6.

3 Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

Grain Item and Size	**1- through 5-year-olds** at Breakfast, Lunch, Supper, Snack **Serve at Least ½ oz. eq.**, which equals about…
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams
Popcorn	1 ½ cups or 14 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists or 11 grams

Using Ounce Equivalents for Grains in the CACFP

Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Bagel (entire bagel) at least 56 grams*	¼ bagel or 14 grams	½ bagel or 28 grams	1 bagel or 56 grams
Bagel, Mini (entire bagel) at least 28 grams*	½ bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
Biscuit at least 28 grams*	½ biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
Bread (whole grain-rich or enriched) at least 28 grams*	½ slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams
Bun or Roll (entire bun or roll) at least 28 grams*	½ bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams
Cereal Grains (barley, bulgur, quinoa, etc.)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Cereal, Ready-to-Eat: Flakes or Rounds	½ cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams
Cereal, Ready-to-Eat: Granola	⅛ cup or 14 grams	¼ cup or 28 grams	½ cup or 56 grams
Cereal, Ready-to-Eat: Puffed	¾ cup or 14 grams	1 ¼ cup or 28 grams	2 ½ cups or 56 grams
Corn Muffin at least 34 grams*	½ muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
Cracker, Animal (about 1 ½" by 1")**	8 crackers or 14 grams	15 crackers or 28 grams	30 crackers (~1 cup) or 56 grams
Cracker, Bear-Shaped, Sweet (about 1" by ½")**	12 crackers (~¼ cup) or 14 grams	24 crackers (~½ cup) or 28 grams	48 crackers (~1 cup) or 56 grams
Cracker, Cheese, Square, Savory (about 1" by 1")**	10 crackers or 11 grams	20 crackers (~⅓ cup) or 22 grams	40 crackers (~⅔ cup) or 44 grams
Cracker, Fish-Shaped or Similar, Savory (about ¾" by ½")**	21 crackers (~¼ cup) or 11 grams	41 crackers (~½ cup) or 22 grams	81 crackers (~1 cup) or 44 grams

Using Ounce Equivalents for Grains in the CACFP

Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Cracker, Graham (about 5" by 2 ½")**	1 cracker or 14 grams	2 crackers or 28 grams	4 crackers or 56 grams
Cracker, Round, Savory (about 1 ¾" across)**	4 crackers or 11 grams	7 crackers or 22 grams	14 crackers or 44 grams
Cracker, Saltine (about 2" by 2")**	4 crackers or 11 grams	8 crackers or 22 grams	16 crackers or 44 grams
Cracker, Thin Wheat, Square, Savory (about 1 ¼" by 1 ¼")**	6 crackers or 11 grams	12 crackers or 22 grams	23 crackers or 44 grams
Cracker, Woven Whole-Wheat, Square, Savory (about 1 ½" by 1 ½")**	3 crackers or 11 grams	5 crackers or 22 grams	10 crackers or 44 grams
Croissant at least 34 grams*	½ croissant or 17 grams	1 croissant or 34 grams	2 croissants or 68 grams
English Muffin (top and bottom) at least 56 grams*	¼ muffin or 14 grams	½ muffin or 28 grams	1 muffin or 56 grams
French Toast Stick at least 18 grams*	2 sticks or 35 grams	4 sticks or 69 grams	8 sticks or 138 grams
Grits	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Melba Toast (about 3 ½" by 1 ½")**	2 pieces or 11 grams	5 pieces or 22 grams	8 pieces or 44 grams
Muffin and Quick Bread (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams
Oatmeal	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

Using Ounce Equivalents for Grains in the CACFP

Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 ½" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
Pretzel, Soft at least 56 grams*	¼ pretzel or 14 grams	½ pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 8 grams*	1 ½ cakes or 11 grams	3 cakes or 22 grams	5 ½ cakes or 44 grams
Rice Cake, Mini (about 1 ¾" across)**	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 grams
Taco or Tostada Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams
Tortilla, Soft, Corn (about 5 ½")**	¾ tortilla or 14 grams	1 ¼ tortillas or 28 grams	2 ½ tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	½ tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
Tortilla, Soft, Flour (about 8")**	¼ tortilla or 14 grams	½ tortilla or 28 grams	1 tortilla or 56 grams
Waffle at least 34 grams*	½ waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams

Using Ounce Equivalents for Grains in the CACFP

Using the Nutrition Facts Label

Some items on the Grains Measuring Chart may have weights listed by the name of the item. Follow the steps below to see if your grain meets the minimum weight listed in the chart:

1 Find the grain item and its minimum weight in the Grains Measuring Chart.

For example, the minimum weight for a pancake is at least 34 grams.

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

2 Look at the Nutrition Facts label of the grain you wish to serve. Find the weight of the serving size (usually provided as grams (g)). One serving of Brand P pancakes weighs 117 grams.

3 Using the Nutrition Facts label, find how many items are in one serving. There are three pancakes in one serving of Brand P pancakes.

4 If there is more than one of an item in a serving, you will need to divide to find the weight of each item. For example, the serving size of Brand P pancakes is three pancakes.

Divide the serving weight by the number of items in one serving to find the weight of each item.

Brand P Pancakes

Nutrition Facts

4 servings per container

Serving size 3 Pancakes (117g)

Amount per serving

Calories 280

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	

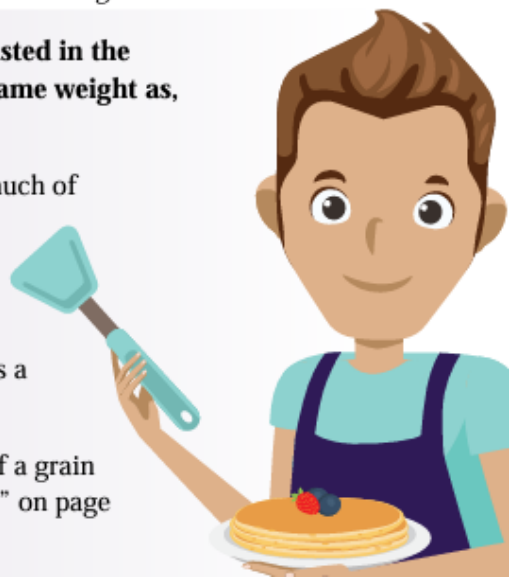
117 grams ÷ **3 pancakes** = **39 grams per pancake**

Serving Weight *Serving Size* *Weight of Each Item*

Compare the weight of one item to the minimum weight listed in the Grains Measuring Chart (from Step 1). Is your item the same weight as, or heavier than, the minimum weight?

✓ **Yes:** Use the Grains Measuring Chart to see how much of your grain to serve to meet CACFP meal pattern requirements. In the example above, pancakes must weigh at least 34 grams in order to use the Grains Measuring Chart. Because each Brand P pancake weighs 39 grams, you may use the chart as a guide to the minimum serving amount.

✗ **No:** Use another method to determine how much of a grain item to serve. See "What If My Grain Is Different?" on page 6 for more information.



Are There Other Menu Planning Considerations?

If you serve an item that is larger, or weighs more, than what's listed on the Grains Measuring Chart, then you might serve more grains than required by the CACFP meal pattern. The Grains Measuring Chart can help make serving enough grains easier. However, the tools described under "What If My Grain Is Different?" can also help you determine how much of an item to serve to meet the meal pattern without serving more than what is needed.

What If My Grain Is Different?

Is the grain item you want to serve:

- Smaller than the item listed on the Grains Measuring Chart?
- Lighter in weight than the item listed on the Grains Measuring Chart?
- Not listed on the Grains Measuring Chart?

If so, you will need to use another way to tell how much to serve in order to meet CACFP meal pattern requirements. You could:

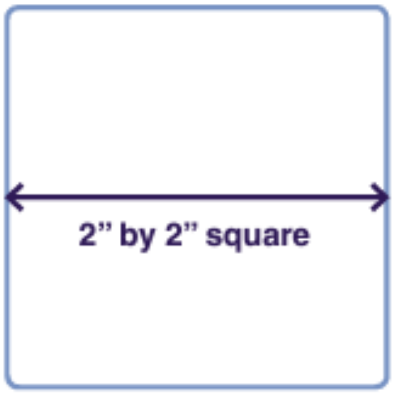
- Enter information from the Nutrition Facts label into the *Food Buying Guide for Child Nutrition Program's (FBG) Exhibit A Grains Tool.** This tool will let you know how many ounce equivalents of grains are in one serving of the item.
- Use the *FBG Recipe Analysis Workbook (RAW)** to determine the ounce equivalents per serving for standardized recipes.

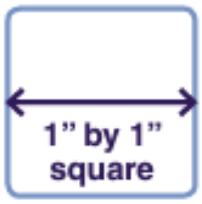
Available at* ***https://foodbuyingguide.fns.usda.gov*.

Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

Guides appear as actual size when this worksheet is printed at 100% on standard 8 ½" by 11" paper.





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Office of the Assistant Secretary for Civil Rights
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