

Crediting Grains in the CACFP Using Oz Eq

WEBINAR

April 13, 2021





Meet Your Trainer

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Community Nutrition Programs Specialist

Arizona Department of Education (ADE)

This training was developed by the Arizona Department of Education (ADE) Health and Nutrition Services Division (HNS).

Intended Audience

This training is intended for **institutions operating the Child and Adult Care Food Program (CACFP)**. All regulations are specific to operating the program under the direction of ADE.

This ***Crediting Grains in the CACFP Using Ounce Equivalent webinar*** is designed to make institutions **aware** of upcoming program requirements and current regulations for the Child and Adult Care Food Program.



Agenda

- **Define** Grain Ounce Equivalents
- **Identify** Minimum Portion Sizes of Grains
- **Practice** Identifying Minimum Required Portion Sizes of Grains
- **Use** Available Resources
- Q&A



Grain Ounce Equivalents (Oz Eq) Defined

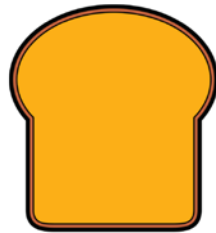


Ounce Equivalents Defined

- A method of measurement for grains in Child Nutrition Programs.
- Oz Eq = the amount of grains in a portion of a grain product.

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Slice of Bread

- Total Weight: 28 grams
- Total Grains in Product (oz eq): 1 oz eq

Muffin

- Total Weight: 55 grams
- Total Grains in Product (oz eq): 1 oz eq



Ounce Equivalents Defined

- A method of measurement for grains in Child Nutrition Programs.
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Grain Ounce Equivalents

Grain Ounce Equivalents (oz eq) = unit of measure for grains portion sizes

- More accurate portion sizes
- Credit for grains in grain item

Serving Size vs Ounce Equivalents



Comparing Serving Size & Oz Eq

Grains Component - Minimum Required Portion Size

	Ages 1-5		Ages 6-18		Adults	
	Serving	Oz Eq	Serving	Oz Eq	Serving	Oz Eq
Breakfast	½	½ oz eq	1	1 oz eq	2	2 oz eq
Snack	½	½ oz eq	1	1 oz eq	1	1 oz eq
Lunch & Supper	½	½ oz eq	1	1 oz eq	2	2 oz eq

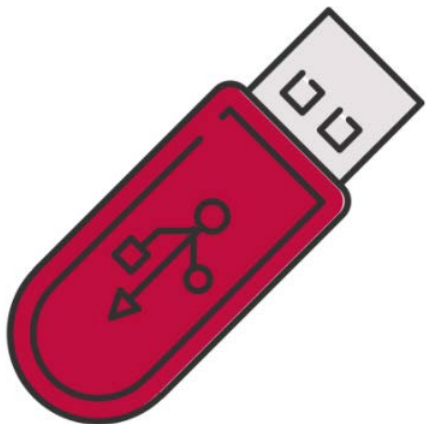
Comparing Serving Size & Oz Eq

	Grain Items by Group	Minimum Required Portion Size	
		Ounce Equivalent (Oz Eq)	Serving Size
Group A	Bread Type Coating, Bread sticks (hard), Chow Mein Noodles, Savory Crackers, Croutons, Pretzels, Stuffing	1 oz eq = 22 g or 0.8 oz	1 serving = 20 g or 0.7 oz
Group B	Bagels, Batter type coating, Biscuits, Bread, Buns (hamburger and hot dog), Sweet Crackers (graham crackers, animal crackers), Egg roll skins, English Muffins, Pita Bread, Pizza Crust, Pretzels (soft), Rolls, Tortillas, Tortilla chips, Taco Shells	1 oz eq = 28 g or 1.0 oz	1 serving = 25 g or 0.9 oz

At a Glance: Weight of a Gram



Two Paperclips = 2 grams



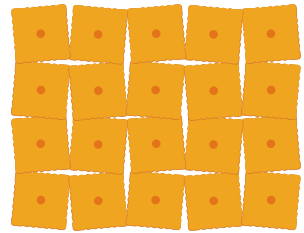
USB Drive = 7-9 grams



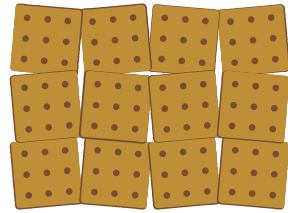
Credit Card = 5 grams



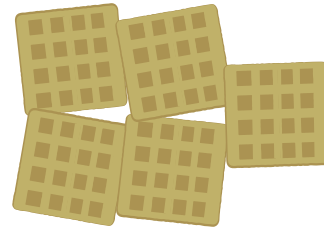
At a Glance: 1 Oz Eq



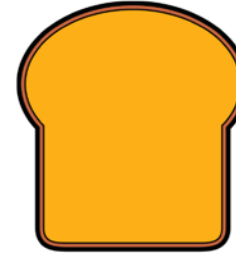
20 cheese
crackers



12 thin wheat
crackers



5 woven wheat
crackers



1 slice of bread



1/2 bagel



1/2 cup cooked rice



1 roll/bun



1/2 cup cooked pasta



Implementing Ounce Equivalents



Identifying Oz Eq Grain Portion Sizes


I am a multi-site sponsor responsible for operating and monitoring the CACFP at a childcare center and an adult day center.

Both sites are serving this menu.

Name of Center: A+ Preschool

Menu for the Week of April 19 to April 23

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



	MON April 19	TUES April 20	WED April 21	THURS April 22	FRI April 23
BREAKFAST	Avocado Toast				
Grain or Meat/Meat Alt	WW Bread	WGR Oatmeal	Pancakes	WW French Toast	WW Bagel
Fruit/Vegetable	Avocado	Blueberries	Strawberries	Applesauce	Pineapple
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					Cream Cheese
LUNCH	HM Chicken and Rice Bowls	Bean and Cheese Burrito		CN Chicken Patty Sandwich	HM Shepherd's Pie
Meat/Alternate	Chicken	Refried Beans & Cheese	Ground Beef	CN Chicken Patty	Ground Beef
Grain	WGR Brown Rice	WW Tortilla	WW Penne Pasta	CN Chicken Patty (Breading) & WW Roll	WW Roll
Vegetable	Broccoli	HM Salsa	Marinara Sauce	Carrots	Mashed Potatoes, Peas, Carrots
Fruit or Vegetable	Bell Peppers	Cucumbers	Apple Slices	Peaches	Watermelon
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					
SNACK				Grilled Cheese	
Component 1	Cheerios	English Muffin	Baked Potato	WW Bread	Vanilla Yogurt
Component 2	Milk	Nut Butter	Carne Asada	Cheddar Cheese	Strawberries
Extra	Banana Slices				

Acronyms:
 WW: Whole Wheat
 WGR: Whole Grain-Rich
 HM: Homemade
 CN: Processed/Convenience Item (CN Label Available)

Identification of Mixed Foods
 (i.e. fruit salad, apples, peaches, banana)

Required Statements:
 All juices served are 100% juice.
 Whole milk is served to participants 12-23 months.
 Participants 24 months and older receive 1% or fat-free milk.

Child and Adult Care Food Program | November 2020 | Arizona Department of Education | This institution is an equal opportunity provider.

Scenario

Two Resources

ADE recommends implementing the grain ounce equivalent requirement using:

1. Exhibit A: Grain Requirement for Child Nutrition Programs
2. Team Nutrition's: Using Oz Eq for Grains in the CACFP



Resource 1: Exhibit A



Arizona Department of Education
Health and Nutrition Services

How to Use Exhibit A for Grains in the CACFP

- Verify the grain item is creditable. Before trying to identify the minimum required portion size of a grain item, verify the grain item is creditable.
 - All grain products must be made with enriched or whole grain meal or flour or bran or germ to be creditable. At least one serving of grains per day must be whole grain-rich.
 - Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.
 - Grain-based desserts, which includes sweet pastries, granola bars, cereal bars, breakfast bars, etc. are not creditable and cannot be served.

- Identify the minimum required oz eq for the age group and meal where the grain is being served.

	Minimum Required Grains Portion Size		
	Ages 1-5	Ages 6-18	Adults
Breakfast	½ oz eq	1 oz eq	2 oz eq
Snack	½ oz eq	1 oz eq	1 oz eq
Lunch/Supper	½ oz eq	1 oz eq	2 oz eq

- Find the grain item and minimum grain portion size on the Exhibit A Chart.
 - Find the grain item under the Groups and Grain Items column on the Exhibit A Chart.
 - Once the grain item is found, look at the corresponding Minimum Grain Portion Size Requirement column and identify the minimum grain portion size requirement for the minimum required oz eq you identified in step 2.

- Identify the minimum required portion size.
 - If the minimum required portion size is listed in volume (cups): you have identified your minimum required portion size. Simply use cup measurements or a kitchen scale to measure out the minimum required portion size in accordance with the oz eq requirement for the age groups you serve.
 - If the minimum required portion size is listed in weight (oz, g): look at the grain item's Nutrition Facts Label. Toward the top of the label, identify the weight of a Serving Size of the grain item. Once the weight of one serving size is identified, divide the minimum required portion size identified in step 2 by the serving size found on the Nutrition Facts label. Round the quotient to the next half or whole number to identify the minimum required portion size for the grain item.

Example: I operate a childcare center and an adult day center and would like to serve pancakes for breakfast.

- Verify the grain item is creditable. Are pancakes a creditable grain item? Yes!
- Identify the minimum required oz eq for age group and meal being served. My childcare center serves participants 3-12 years of age. My adult center serves adult participants. I must serve the 3-5-year-olds 1/2 oz eq at breakfast, 1 oz eq to 6-12-year-olds, and 2 oz eq to adults at my adult center.
- Find the grain item on the Exhibit A chart. Pancakes are listed in **Group C**.
- Minimum Grain Portion Size Requirement for items in Group C (pancakes):
1/2 oz eq = 17 g or 0.6 oz; 1 oz eq = 34 g or 1.2 oz; 2 oz eq = 68 g or 2.4 oz.
- Identify the minimum portion size. The portion size for Group C is listed in weight so I must look for the serving size on the Nutrition Facts Label. Based on the Nutrition Facts label of the pancakes I would like to serve, a serving size is 1 pancake or 34 grams.
Now, I divide the minimum required portion size identified in step 3b by the serving size on the Nutrition Facts Label.
3-5-year-olds → $17 \text{ grams} \div 34 \text{ grams} = 0.5$, I need to serve half a serving size, or at least half of a pancake, to meet the minimum required portion size at breakfast for 3-5-year-olds.
6-12-year-olds → $34 \text{ grams} \div 34 \text{ grams} = 1$, I need to serve one serving size, or at least one pancake, to meet the minimum required portion size at breakfast for 6-12-year-olds.
Adults → $68 \text{ grams} \div 34 \text{ grams} = 2$, I need to serve two serving sizes, or at least two pancakes, to meet the minimum required portion size at breakfast for adults.

Group C	• Cornbread	1/2 oz eq = 17 g or 0.6 oz
	• Corn Muffins	1 oz eq = 34 g or 1.2 oz
	• Croissants	2 oz eq = 68 g or 2.4 oz
	• Pancakes (savory pies)	

Nutrition Facts
Serving Size 1 pancake (34g)




Arizona Department of Education
Health and Nutrition Services

Exhibit A: Grain Requirement for CACFP Operators

Groups and Grain Items*	Minimum Grain Portion Size Requirement	
Group A	<ul style="list-style-type: none"> Bread Type Coating Bread sticks (hard) Chow Mein Noodles Savory Crackers CROUTONS Pretzels (hard) Bread in Stuffing (dry) 	1/2 oz eq = 11 g or 0.4 oz 1 oz eq = 22 g or 0.8 oz 2 oz eq = 44 g or 1.6 oz
Group B	<ul style="list-style-type: none"> Bagels Batter type coating Biscuits Bread – all Buns/Rolls Graham and animal crackers Egg roll skins English Muffins Pita Bread Pizza Crust Pretzels (soft) Tortillas Tortilla chips Taco Shells 	1/2 oz eq = 14 g or 0.5 oz 1 oz eq = 28 g or 1.0 oz 2 oz eq = 56 g or 2.0 oz
Group C	<ul style="list-style-type: none"> Cornbread Corn Muffins Croissants Pancakes Pie crust (savory pies) Waffles 	1/2 oz eq = 17 g or 0.6 oz 1 oz eq = 34 g or 1.2 oz 2 oz eq = 68 g or 2.4 oz
Group D	<ul style="list-style-type: none"> Muffins (all, except corn – see group C) 	1/2 oz eq = 28 g or 1.0 oz 1 oz eq = 55 g or 2.0 oz 2 oz eq = 110 g or 4.0 oz
Group E	<ul style="list-style-type: none"> French Toast 	1/2 oz eq = 35 g or 1.2 oz 1 oz eq = 69 g or 2.4 oz 2 oz eq = 138 g or 4.8 oz
Group H	<ul style="list-style-type: none"> Cereal Grains Breakfast cereals (cooked) Bulgur or cracked wheat Macaroni and Noodles (all shapes/varieties) Ravioli (noodle only) Rice 	1/2 oz eq = 1/4 cup cooked or 0.5 oz (14 g) dry 1 oz eq = 1/2 cup cooked or 1 oz (28 g) dry 2 oz eq = 1 cup cooked or 2 oz (56 g) dry
Group I	<ul style="list-style-type: none"> Ready to eat breakfast cereal (cold, dry) 	Flakes and round cereal 1/2 oz eq = 1/2 cup or 0.5 oz 1 oz eq = 1 cup or 1 oz 2 oz eq = 2 cups or 2 oz Puffed cereal 1/2 oz eq = 5/8 cup or 0.5 oz 1 oz eq = 1.25 cups or 1 oz 2 oz eq = 2.5 cups or 2 oz Granola 1/2 oz eq = 1/8 cup or 0.5 oz 1 oz eq = 1/4 cup or 1 oz 2 oz eq = 1/2 cup or 2 oz

* Groups F and G have been excluded as they only contain non-creditable grain-based desserts.

Resource 1: Exhibit A


 Arizona Department of Education
 Health and Nutrition Services
 Exhibit A: Grain Requirement for CACFP Operators

Groups and Grain Items*	Minimum Grain Portion Size Requirement
Group A <ul style="list-style-type: none"> Bread Type Coating Bread sticks (hard) Chow Mein Noodles Savory Crackers Croutons Pretzels (hard) Bread in Stuffing (dry) 	1/2 oz eq = 11 g or 0.4 oz 1 oz eq = 22 g or 0.8 oz 2 oz eq = 44 g or 1.6 oz
Group B <ul style="list-style-type: none"> Bagels Batter type coating Biscuits Bread – all Buns/Rolls Graham and animal crackers Egg roll skins English Muffins Pita Bread Pizza Crust Pretzels (soft) Tortillas Tortilla chips Taco Shells 	1/2 oz eq = 14 g or 0.5 oz 1 oz eq = 28 g or 1.0 oz 2 oz eq = 56 g or 2.0 oz
Group C <ul style="list-style-type: none"> Combread Corn Muffins Croissants Pancakes Pie crust (savory pies) Waffles 	1/2 oz eq = 17 g or 0.6 oz 1 oz eq = 34 g or 1.2 oz 2 oz eq = 68 g or 2.4 oz
Group D <ul style="list-style-type: none"> Muffins (all, except corn – see group C) 	1/2 oz eq = 28 g or 1.0 oz 1 oz eq = 55 g or 2.0 oz 2 oz eq = 110 g or 4.0 oz
Group E <ul style="list-style-type: none"> French Toast 	1/2 oz eq = 35 g or 1.2 oz 1 oz eq = 69 g or 2.4 oz 2 oz eq = 138 g or 4.8 oz
Group H <ul style="list-style-type: none"> Cereal Grains Breakfast cereals (cooked) Bulgur or cracked wheat Macaroni and Noodles (all shapes/varieties) Ravioli (noodle only) Rice 	1/2 oz eq = 1/4 cup cooked or 0.5 oz (14 g) dry 1 oz eq = 1/2 cup cooked or 1 oz (28 g) dry 2 oz eq = 1 cup cooked or 2 oz (56 g) dry
Group I <ul style="list-style-type: none"> Ready to eat breakfast cereal (cold, dry) 	<u>Flakes and round cereal</u> 1/2 oz eq = 1/2 cup or 0.5 oz 1 oz eq = 1 cup or 1 oz 2 oz eq = 2 cups or 2 oz <u>Puffed cereal</u> 1/2 oz eq = 5/8 cup or 0.5 oz 1 oz eq = 1.25 cups or 1 oz 2 oz eq = 2.5 cups or 2 oz <u>Granola</u> 1/2 oz eq = 1/8 cup or 0.5 oz 1 oz eq = 1/4 cup or 1 oz 2 oz eq = 1/2 cup or 2 oz

* Groups F and G have been excluded as they only contain non-creditable grain-based desserts.



Groups and Grain Items		Minimum Grains Portion Size Requirement
Group A	Bread type coating, bread sticks, Chow Mein noodles, savory crackers, croutons, hard pretzels, dry bread in stuffing	1/2 oz eq = 11 g or 0.4 oz 1 oz eq = 22 g or 0.8 oz 2 oz eq = 44 g or 1.6 oz
Group B	Bagels, batter type coating, biscuits, bread, buns/rolls, graham and animal crackers, egg roll skins, English muffins, pita bread, pizza crust, soft pretzels, tortillas, tortilla chips, taco shells	1/2 oz eq = 14 g or 0.5 oz 1 oz eq = 28 g or 1.0 oz 2 oz eq = 56 g or 2.0 oz

How to Use Exhibit A

Assess Grain Portion Sizes Using Exhibit A

- 1 Verify the grain item is creditable.
- 2 Identify minimum portion size in oz eq based on age group and meal/snack.
- 3 Use the Exhibit A Chart to find the grain item and corresponding portion size.
- 4 Assess compliance. Use the Nutrition Facts Label to compare the serving size to the minimum required oz eq.

Assess Oz Eq Grain Portion Size Using Exhibit A

I am a multi-site sponsor responsible for operating and monitoring the CACFP at a childcare center and an adult day center.


Both sites are serving this menu.

MON April 19
Avocado Toast
WW Bread
Avocado
Milk



Name of Center: A+ Preschool We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.

Menu for the Week of April 19 to April 23



	MON April 19	TUES April 20	WED April 21	THURS April 22	FRI April 23
BREAKFAST	Avocado Toast				
Grain or Meat/Meat Alt	WW Bread	WGR Oatmeal	Pancakes	WW French Toast	WW Bagel
Fruit/Vegetable	Avocado	Blueberries	Strawberries	Applesauce	Pineapple
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					Cream Cheese
LUNCH	HM Chicken and Rice Bowls	Bean and Cheese Burrito		CN Chicken Patty Sandwich	HM Shepherd's Pie
Meal/Alternate	Chicken	Refried Beans & Cheese	Ground Beef	CN Chicken Patty	Ground Beef
Grain	WGR Brown Rice	WW Tortilla	WW Penne Pasta	CN Chicken Patty (Breading) & WW Roll	WW Roll
Vegetable	Broccoli	HM Salsa	Marinara Sauce	Carrots	Mashed Potatoes, Peas, Carrots
Fruit or Vegetable	Bell Peppers	Cucumbers	Apple Slices	Peaches	Watermelon
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					
SNACK				Grilled Cheese	
Component 1	Cheerios	English Muffin	Baked Potato	WW Bread	Vanilla Yogurt
Component 2	Milk	Nut Butter	Carne Asada	Cheddar Cheese	Strawberries
Extra	Banana Slices				

Acronyms:
 WW: Whole Wheat
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Identification of Mixed Foods
 (i.e. fruit salad: apples, peaches, banana)

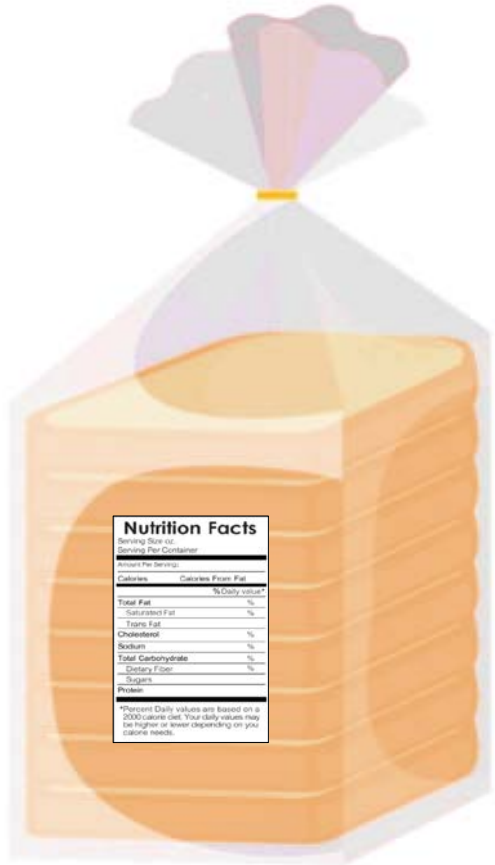
Required Statements:
 All juices served are 100% juice.
 Whole milk is served to participants 12-23 months.
 Participants 24 months and older receive 1% or fat-free milk.

Child and Adult Care Food Program | November 2020 | Arizona Department of Education | This institution is an equal opportunity provider.

Scenario: Breakfast

Assess Oz Eq Grain Portion Size Using Exhibit A

- 1 Verify the grain item is creditable.



MON April 19
Avocado Toast
WW Bread
Avocado
Milk

Creditable?
Yes!

Assess Oz Eq Grain Portion Size Using Exhibit A

2 Identify minimum portion size in oz eq based on age group and meal/snack.

MON April 19
Avocado Toast
WW Bread
Avocado
Milk

Creditable?
Yes!

Arizona Department of Education
Health and Nutrition Services
How to Use Exhibit A for Grains in the CACFP

- Verify the grain item is creditable.
 - All grain products must be made with enriched or whole grain meal or flour or bran or germ to be creditable. At least one serving of grains per day must be whole grain-rich.
 - Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.
 - Grain products that are not creditable and cannot be served.
- Identify the minimum required oz eq for the age group and meal where the grain is being served.

	Ages 1-5	Ages 6-18	Adults
Breakfast	½ oz eq	1 oz eq	2 oz eq
Snack	½ oz eq	1 oz eq	1 oz eq
Lunch/Supper	½ oz eq	1 oz eq	2 oz eq
- Find the grain item and minimum grain portion size on the Exhibit A Chart.
 - Once the grain item is found, look at the corresponding Minimum Grain Portion Size Requirement column and identify the minimum grain portion size requirement for the minimum required oz eq identified in step 2.
- Identify the minimum required portion size.
 - If the minimum required portion size is listed in volume (cups): you have identified your minimum required portion size. Simply use cup measurements or a kitchen scale to measure out the minimum required portion size in accordance with the oz eq requirement for the age groups you serve.
 - If the minimum required portion size is listed in weight (oz, g): look at the grain item's Nutrition Label. Toward the top of the label, identify the weight of a Serving Size of the grain item. Once one serving size is identified, divide the minimum required portion size identified in step 2 by the serving size found on the label to determine the number of servings to serve. Round up to the next whole number to identify the minimum required number of servings.

Example: I operate a childcare center.

- Verify the grain item is creditable. Are the pancakes I would like to serve creditable? Yes.
- Identify the minimum required oz eq for the age group. My adult center serves 6-12-year-olds, and 2 oz eq to adults at breakfast.
- Find the grain item on the Exhibit A chart.
 - Minimum Grain Portion Size Requirement for 6-12-year-olds: 1 oz eq = 17 g or 0.6 oz; 1 oz eq = 34 grams
- Identify the minimum portion size. The Nutrition Label for the pancakes I would like to serve says: 1 pancake = 34 grams. Now, I divide the minimum required portion size for 6-12-year-olds by the weight of one serving size of the pancakes: $17 \text{ grams} \div 34 \text{ grams} = 0.5$. I need to serve **one** serving size, or at least **one pancake**, to meet the minimum required portion size at breakfast for 6-12-year-olds.

 Adults $\rightarrow 34 \text{ grams} \div 34 \text{ grams} = 1$. I need to serve **one** serving size, or at least **one pancake**, to meet the minimum required portion size at breakfast for adults.

Exhibit A for CACFP | March 2021 | Arizona Department of Education | This institution is an equal opportunity provider.

	Ages 1-5	Ages 6-18	Adults
Breakfast	½ oz eq	1 oz eq	2 oz eq
Snack	½ oz eq	1 oz eq	1 oz eq
Lunch/Supper	½ oz eq	1 oz eq	2 oz eq

Scenario: Breakfast

Assess Oz Eq Grain Portion Size Using Exhibit A

2 Identify minimum portion size in oz eq based on age group and meal/snack.

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- Identify the minimum required oz eq for the age group and meal where the grain is being served.

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Breakfast	½ oz eq	1 oz eq	2 oz eq
Snack	½ oz eq	1 oz eq	1 oz eq
Lunch/Supper	½ oz eq	1 oz eq	2 oz eq
- Find the grain item and minimum grain portion size on the Exhibit A Chart.
 - Once the grain item is found, look at the corresponding Minimum Grain Portion Size Requirement column and identify the minimum grain portion size requirement for the minimum required oz eq identified in step 2.
- Identify the minimum required portion size.
 - If the minimum required portion size is listed in volume (cups): you have identified your minimum required portion size. Simply use cup measurements or a kitchen scale to measure out the required portion size in accordance with the oz eq requirement for the age groups you serve.
 - If the minimum required portion size is listed in weight (oz, g): look at the grain item's Nutrition Label. Toward the top of the label, identify the weight of a Serving Size of the grain item. Only if one serving size is identified, divide the minimum required portion size identified in step 2 by the serving size found on the Nutrition Label to determine the number of servings. Round up to the next whole number to identify the minimum required portion size.

Example: I operate a childcare center.

 - Verify the grain item is creditable. Are...
 - Identify the minimum required oz eq for the age group and meal where the grain is being served. My adult center serves 6-12-year-olds, and 2 oz eq to adults at breakfast.
 - Find the grain item on the Exhibit A chart.
 - Minimum Grain Portion Size Requirement: 1/2 oz eq = 17 g or 0.6 oz; 1 oz eq = 34 g
 - Identify the minimum portion size. The Nutrition Label for the pancakes I would like to serve says: 1 pancake = 34 grams. Now, I divide the minimum required portion size for 6-12-year-olds by the weight of one serving size of the pancakes: $17 \text{ grams} \div 34 \text{ grams} = 0.5$. I round up to the next whole number, so I need to serve one serving size, or at least one pancake, to meet the minimum required portion size at breakfast for 6-12-year-olds.

 Adults $\rightarrow 34 \text{ grams} \div 34 \text{ grams} = 1$. I need to serve one serving size, or at least one pancake, to meet the minimum required portion size at breakfast for adults.



	Minimum Required Grains Oz Eq		
	Ages 1-5	Ages 6-18	Adults
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Snack	½ oz eq	1 oz eq	1 oz eq
Lunch/Supper	½ oz eq	1 oz eq	2 oz eq

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Avocado Toast
WW Bread
Avocado
Milk

Creditable?
Yes!

Ages 1-5
½ oz eq

Ages 6-12
1 oz eq

Adults
2 oz eq

Scenario: Breakfast

Assess Oz Eq Grain Portion Size Using Exhibit A

3 Use the Exhibit A Chart to find the grain item and corresponding portion size.

Arizona Department of Education
Health and Nutrition Services
Exhibit A: Grain Requirement for CACFP Operators

Groups and Grain Items*	Minimum Grain Portion Size Requirement
Group A • Bread Type Coating • Bread sticks (hard) • Chow Mein Noodles • Savory Crackers • Croutons • Pretzels (hard) • Bread in Stuffing (dry)	1/2 oz eq = 11 g or 0.4 oz 1 oz eq = 22 g or 0.8 oz 2 oz eq = 44 g or 1.6 oz
Group B • Bagels • Batter type coating • Biscuits • Bread – all • Buns/Rolls • Graham and animal crackers • Egg roll skins • English Muffins • Pita Bread • Pizza Crust • Pretzels (soft) • Tortillas • Tortilla chips • Taco Shells	1/2 oz eq = 14 g or 0.5 oz 1 oz eq = 28 g or 1.0 oz 2 oz eq = 56 g or 2.0 oz
Group C • Cornbread • Corn Muffins • Croissants • Pancakes • Pie crust (savory) • Waffles • Muffins (all, except English)	1/2 oz eq = 17 g or 0.6 oz 1 oz eq = 34 g or 1.2 oz
Group D	
Group E • French Toast	
Group H • Cereal Grains • Breakfast cereals • Bulgur or cracked wheat • Macaroni and Noodle • Ravioli (noodle only) • Rice • Ready to eat breakfast cereals	
Group I	

* Groups F and G have been excluded

Exhibit A for CACFP | March 2021 | Arizona D

Groups and Grain Items	Minimum Grains Portion Size Requirement
Group B Bagels, batter type coating, biscuits, bread , buns/rolls, graham and animal crackers, [...]	1/2 oz eq = 14 g or 0.5 oz 1 oz eq = 28 g or 1.0 oz 2 oz eq = 56 g or 2.0 oz

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Creditable?
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Ages 1-5
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Ages 6-12
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Adults
2 oz eq

Scenario: Breakfast

Assess Oz Eq Grain Portion Size Using Exhibit A

3 Use the Exhibit A Chart to find the grain item and corresponding portion size.

Arizona Department of Education
Health and Nutrition Services
Exhibit A: Grain Requirement for CACFP Operators

Groups and Grain Items*	Minimum Grain Portion Size Requirement
Group A	1/2 oz eq = 11 g or 0.4 oz 1 oz eq = 22 g or 0.8 oz 2 oz eq = 44 g or 1.6 oz
Group B	1/2 oz eq = 14 g or 0.5 oz 1 oz eq = 28 g or 1.0 oz 2 oz eq = 56 g or 2.0 oz
Group C	1/2 oz eq = 17 g or 0.6 oz 1 oz eq = 34 g or 1.2 oz 2 oz eq = 68 g or 2.4 oz
Group D	
Group E	
Group H	
Group I	

* Groups F and G have been excluded



Groups and Grain Items	Minimum Grains Portion Size Requirement
Group B	1/2 oz eq = 14 g or 0.5 oz 1 oz eq = 28 g or 1.0 oz 2 oz eq = 56 g or 2.0 oz

MON April 19
Avocado Toast
WW Bread
Avocado
Milk

Creditable?
Yes!

Ages 1-5
1/2 oz eq = 14 g

Ages 6-12
1 oz eq = 28 g

Adults
2 oz eq = 56 g

Scenario: Breakfast

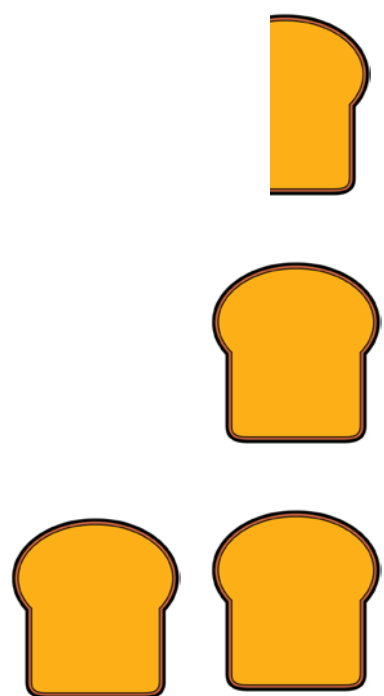
Assess Oz Eq Grain Portion Size Using Exhibit A

4

Assess compliance. Use the Nutrition Facts Label to compare the serving size to the minimum required oz eq.

MON April 19	
Avocado Toast	
WW Bread	
Avocado	
Milk	

Creditable? Yes!
Ages 1-5 ½ oz eq = 14 g
Ages 6-12 1 oz eq = 28 g
Adults 2 oz eq = 56 g



Scenario: Breakfast

Assess Oz Eq Grain Portion Size Using Exhibit A

4

Assess compliance. Use the Nutrition Facts Label to compare the serving size to the minimum required oz eq.



Nutrition Facts
24 servings per container
Serving Size 1 slice (30 grams)



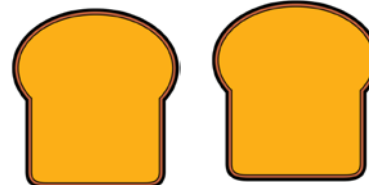
MON April 19
Avocado Toast
WW Bread
Avocado
Milk

Creditable?
Yes!

Ages 1-5
½ oz eq = 14 g

Ages 6-12
1 oz eq = 28 g

Adults
2 oz eq = 56 g



Scenario: Breakfast

Assess Oz Eq Grain Portion Size Using Exhibit A

4

Assess compliance. Use the Nutrition Facts Label to compare the serving size to the minimum required oz eq.



Nutrition Facts
24 servings per container
Serving Size 1 slice (30 grams)



$\frac{1}{2}$ slice = 30 grams \div 2
 $\frac{1}{2}$ slice = 15 grams
 15 grams > 14 grams \checkmark



MON April 19
Avocado Toast
WW Bread
Avocado
Milk

Creditable?
Yes!

Ages 1-5
 $\frac{1}{2}$ oz eq = 14 g =
at least $\frac{1}{2}$ slice

Ages 6-12
1 oz eq = 28 g

Adults
2 oz eq = 56 g

Scenario: Breakfast

Assess Oz Eq Grain Portion Size Using Exhibit A

4

Assess compliance. Use the Nutrition Facts Label to compare the serving size to the minimum required oz eq.



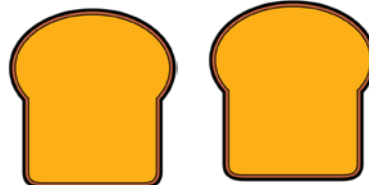
Nutrition Facts	
24 servings per container	
Serving Size	1 slice (30 grams)



$\frac{1}{2}$ slice = 30 grams \div 2
 $\frac{1}{2}$ slice = 15 grams
 15 grams > 14 grams \checkmark



1 slice = 30 grams
 30 grams > 28 grams \checkmark



MON April 19
Avocado Toast
WW Bread
Avocado
Milk

Creditable?
Yes!

Ages 1-5
 $\frac{1}{2}$ oz eq = 14 g =
at least $\frac{1}{2}$ slice

Ages 6-12
1 oz eq = 28 g =
at least 1 slice

Adults
2 oz eq = 56 g

Scenario: Breakfast

Assess Oz Eq Grain Portion Size Using Exhibit A

4

Assess compliance. Use the Nutrition Facts Label to compare the serving size to the minimum required oz eq.



Nutrition Facts	
24 servings per container	
Serving Size	1 slice (30 grams)



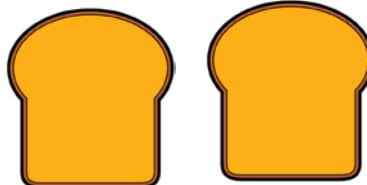
$\frac{1}{2}$ slice = 30 grams \div 2
 $\frac{1}{2}$ slice = 15 grams
 15 grams > 14 grams ✓



1 slice = 30 grams
 30 grams > 28 grams ✓



2 slices = 30 grams \times 2
 2 slices = 60 grams
 60 grams > 56 grams ✓



MON April 19
Avocado Toast
WW Bread
Avocado
Milk

Creditable?
Yes!

Ages 1-5
 $\frac{1}{2}$ oz eq = 14 g =
at least $\frac{1}{2}$ slice


Ages 6-12
1 oz eq = 28 g =
at least 1 slice

Adults
2 oz eq = 56 g =
at least 2 slices

Oz Eq Grain Portion Sizes

Name of Center: A+ Preschool
 Menu for the Week of April 19 to April 23

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



	MON April 19	TUES April 20	WED April 21	THURS April 22	FRI April 23
BREAKFAST	Avocado Toast				
Grain or Meat/Meat Alt	WW Bread	WGR Oatmeal	Pancakes	WW French Toast	WW Bagel
Fruit/Vegetable	Avocado	Blueberries	Strawberries	Applesauce	Pineapple
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					Cream Cheese
LUNCH	HM Chicken and Rice Bowls	Bean and Cheese Burrito		CN Chicken Patty Sandwich	HM Shepherd's Pie
Meat/Alternate	Chicken	Refried Beans & Cheese	Ground Beef	CN Chicken Patty	Ground Beef
Grain	WGR Brown Rice	WW Tortilla	WW Penne Pasta	CN Chicken Patty (breadings) & WW Roll	WW Roll
Vegetable	Broccoli	HM Salsa	Marinara Sauce	Carrots	Mashed Potatoes, Peas, Carrots
Fruit or Vegetable	Bell Peppers	Cucumbers	Apple Slices	Peaches	Watermelon
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					
SNACK				Grilled Cheese	
Component 1	Cheerios	English Muffin	Baked Potato	WW Bread	Vanilla Yogurt
Component 2	Milk	Nut Butter	Carne Asada	Cheddar Cheese	Strawberries
Extra	Banana Slices				

Acronyms:
 WW: Whole Wheat
 WGR: Whole Grain-Rich
 HM: Homemade
 CN: Processed/Convenience Item (CN Label Available)

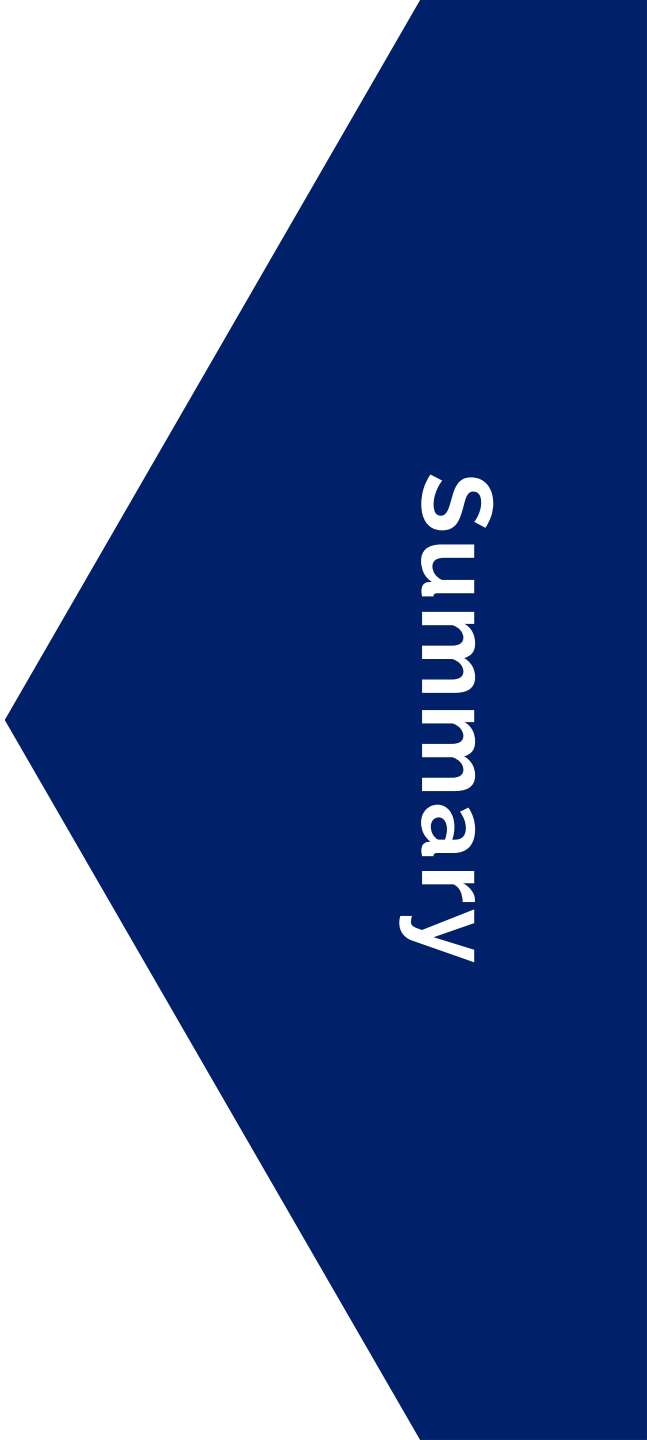
Identification of Mixed Foods
 (ie. fruit salad, apples, peaches, bananas)

Required Statements:
 All juices served are 100% juice.
 Whole milk is served to participants 12-23 months.
 Participants 24 months and older receive 1% or fat-free milk.

Child and Adult Care Food Program | November 2020 | Arizona Department of Education | This institution is an equal opportunity provider.

Grain Portion Sizes for Monday

Breakfast - WW Bread
 Ages 1-5: ½ slice
 Ages 6-12: 1 slice
 Adults: 2 slices



Assess Oz Eq Grain Portion Size Using Exhibit A


I am a multi-site sponsor responsible for operating and monitoring the CACFP at a childcare center and an adult day center.

Both sites are serving this menu.

HM Chicken and Rice Bowls
Chicken
WGR Brown Rice
Broccoli
Bell Peppers
Milk

Name of Center: A+ Preschool We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.

Menu for the Week of April 19 to April 23



	MON April 19	TUES April 20	WED April 21	THURS April 22	FRI April 23
BREAKFAST	Avocado Toast				
Grain or Meat/Meat Alt	WW Bread	WGR Oatmeal	Pancakes	WW French Toast	WW Bagel
Fruit/Vegetable	Avocado	Blueberries	Strawberries	Applesauce	Pineapple
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					Cream Cheese
LUNCH	HM Chicken and Rice Bowls	Bean and Cheese Burrito		CN Chicken Patty Sandwich	HM Shepherd's Pie
Meat/Alternate	Chicken	Refried Beans & Cheese	Ground Beef	CN Chicken Patty	Ground Beef
Grain	WGR Brown Rice	WW Tortilla	WW Penne Pasta	CN Chicken Patty (Breadings) & WW Roll	WW Roll
Vegetable	Broccoli	HM Salsa	Marinara Sauce	Carrots	Mashed Potatoes, Peas, Carrots
Fruit or Vegetable	Bell Peppers	Cucumbers	Apple Slices	Peaches	Watermelon
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					
SNACK				Grilled Cheese	
Component 1	Cheerios	English Muffin	Baked Potato	WW Bread	Vanilla Yogurt
Component 2	Milk	Nut Butter	Carne Asada	Cheddar Cheese	Strawberries
Extra	Banana Slices				

Acronyms:
 WW: Whole Wheat
 WGR: Whole Grain-Rich
 HM: Homemade
 CN: Processed/Convenience Item (CN Label Available)

Identification of Mixed Foods
 (i.e. fruit salad: apples, peaches, banana)

Required Statements:
 All juices served are 100% juice.
 Whole milk is served to participants 12-23 months.
 Participants 24 months and older receive 1% or fat-free milk.

Child and Adult Care Food Program | November 2020 | Arizona Department of Education | This institution is an equal opportunity provider.

Scenario: Lunch

Assess Oz Eq Grain Portion Size Using Exhibit A

- 1 Verify the grain item is creditable.



HM Chicken and Rice Bowls
Chicken
WGR Brown Rice
Broccoli
Bell Peppers
Milk

Creditable?
Yes!

Assess Oz Eq Grain Portion Size Using Exhibit A

2

Identify minimum portion size in oz eq based on age group and meal/snack.

Arizona Department of Education
Health and Nutrition Services
How to Use Exhibit A for Grains in the CACFP

- Verify the grain item is creditable.
 - All grain products must be made with enriched or whole grain meal or flour or bran or germ to be creditable. At least one serving of grains per day must be whole grain-rich.
 - Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.
 - Grains that are not creditable and cannot be served.
- Identify the minimum required oz eq for the age group and meal where the grain is being served.

	Minimum Required Grains Portion Size		
	Ages 1-5	Ages 6-18	Adults
Breakfast	½ oz eq	1 oz eq	2 oz eq
Snack	½ oz eq	1 oz eq	1 oz eq
Lunch/Supper	½ oz eq	1 oz eq	2 oz eq
- Find the grain item and minimum grain portion size on the Exhibit A Chart.
- Identify the minimum required portion size.
 - If the minimum required portion size is listed in volume (cups): you have identified your minimum required portion size. Simply use cup measurements or a kitchen scale to measure out the required portion size in accordance with the oz eq requirement for the age groups you serve.
 - If the minimum required portion size is listed in weight (oz, g): look at the grain item's Nutrition Label. Toward the top of the label, identify the weight of a Serving Size of the grain item. Once one serving size is identified, divide the minimum required portion size identified in step 2 by the serving size found on the Nutrition Label. Round the result up to the next whole number to identify the minimum required portion size.

Example: I operate a childcare center.
 1. Verify the grain item is creditable. Are the pancakes I would like to serve creditable? Yes.
 2. Identify the minimum required oz eq for the age group. My adult center serves 6-12-year-olds, and 2 oz eq to adults at breakfast.
 3a. Find the grain item on the Exhibit A chart.
 3b. Minimum Grain Portion Size Requirement: ½ oz eq = 17 g or 0.6 oz; 1 oz eq = 34 g.
 4. Identify the minimum portion size. The Nutrition Label for the pancakes I would like to serve says: 1 pancake = 34 grams. Now, I divide the minimum required portion size by the serving size: $17 \text{ grams} \div 34 \text{ grams} = 0.5$. I round up to 1. The minimum required portion size at breakfast for 3-5-year-olds is ½ oz eq. $17 \text{ grams} \div 34 \text{ grams} = 0.5$. I round up to 1. I need to serve one serving size, or at least one pancake, to meet the minimum required portion size at breakfast for 6-12-year-olds.
 Adults → $68 \text{ grams} \div 34 \text{ grams} = 2$. I need to serve two serving sizes, or at least two pancakes, to meet the minimum required portion size at breakfast for adults.

	Minimum Required Grains Oz Eq		
	Ages 1-5	Ages 6-18	Adults
Breakfast	½ oz eq	1 oz eq	2 oz eq
Snack	½ oz eq	1 oz eq	1 oz eq
Lunch/Supper	½ oz eq	1 oz eq	2 oz eq

HM Chicken and Rice Bowls
Chicken
WGR Brown Rice
Broccoli
Bell Peppers
Milk

Creditable?
Yes!

Scenario: Lunch

Assess Oz Eq Grain Portion Size Using Exhibit A

2

Identify minimum portion size in oz eq based on age group and meal/snack.

Arizona Department of Education
Health and Nutrition Services
How to Use Exhibit A for Grains in the CACFP

- Verify the grain item is creditable.
 - All grain products must be made with enriched or whole grain meal or flour or bran or germ to be creditable. At least one serving of grains per day must be whole grain-rich.
 - Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.
 - Grains that are not creditable and cannot be served.
- Identify the minimum required oz eq for the age group and meal where the grain is being served.

	Minimum Required Grains Portion Size		
	Ages 1-5	Ages 6-18	Adults
Breakfast	½ oz eq	1 oz eq	2 oz eq
Snack	½ oz eq	1 oz eq	1 oz eq
Lunch/Supper	½ oz eq	1 oz eq	2 oz eq
- Find the grain item and minimum grain portion size on the Exhibit A Chart.
- Identify the minimum required portion size.
 - If the minimum required portion size is listed in volume (cups): you have identified your minimum required portion size. Simply use cup measurements or a kitchen scale to measure out the required portion size in accordance with the oz eq requirement for the age groups you serve.
 - If the minimum required portion size is listed in weight (oz, g): look at the grain item's Nutrition Label. Toward the top of the label, identify the weight of a Serving Size of the grain item. Once one serving size is identified, divide the minimum required portion size identified in step 2 by the serving size found on the label to determine the number of servings you need to serve. Round up to the next whole number to identify the minimum required number of servings.

Example: I operate a childcare center.

- Verify the grain item is creditable. Are the pancakes I would like to serve creditable? Yes.
- Identify the minimum required oz eq for the age group. My adult center serves ages 6-12-year-olds, and 2 oz eq to adults at breakfast.
- Find the grain item on the Exhibit A chart. Minimum Grain Portion Size Requirement: 1/2 oz eq = 17 g or 0.6 oz; 1 oz eq = 34 g.
- Identify the minimum portion size. The Nutrition Label for the pancakes I would like to serve says: 17 grams. Now, I divide the minimum required portion size by the serving size found on the label: $34 \text{ grams} \div 17 \text{ grams} = 2$. I need to serve two servings of pancakes to meet the minimum required portion size at breakfast for 6-12-year-olds. $34 \text{ grams} \div 17 \text{ grams} = 2$. I need to serve two servings of pancakes to meet the minimum required portion size at breakfast for 6-12-year-olds. $68 \text{ grams} \div 34 \text{ grams} = 2$. I need to serve two servings of pancakes to meet the minimum required portion size at breakfast for adults.

Exhibit A for CACFP | March 2021 | Arizona Department of Education | This institution is an equal opportunity provider.



	Minimum Required Grains Oz Eq		
	Ages 1-5	Ages 6-18	Adults
Breakfast	½ oz eq	1 oz eq	2 oz eq
Snack	½ oz eq	1 oz eq	1 oz eq
Lunch/Supper	½ oz eq	1 oz eq	2 oz eq

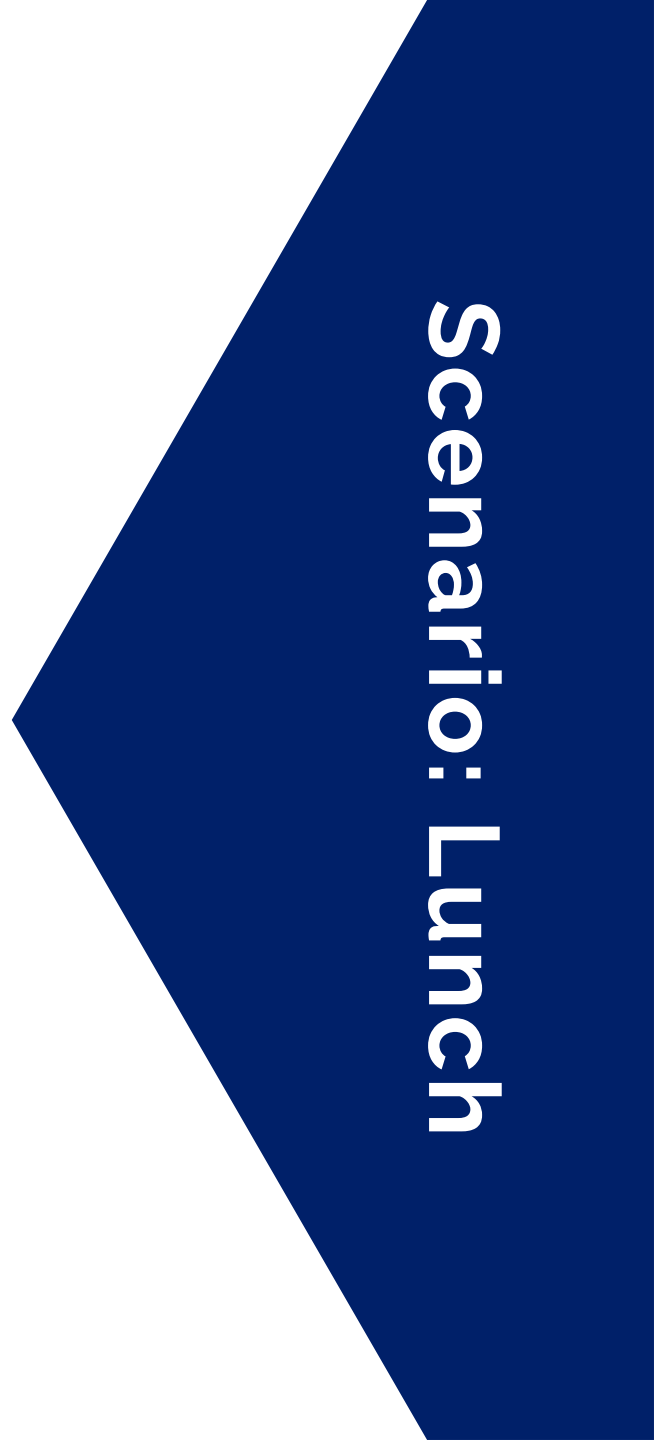
HM Chicken and Rice Bowls
Chicken
WGR Brown Rice
Broccoli
Bell Peppers
Milk

Creditable?
Yes!

Ages 1-5
½ oz eq

Ages 6-12
1 oz eq

Adults
2 oz eq



Assess Oz Eq Grain Portion Size Using Exhibit A

3

Use the Exhibit A Chart to find the grain item and corresponding portion size.

Arizona Department of Education
Health and Nutrition Services
Exhibit A: Grain Requirement for CACFP Operators

Groups and Grain Items*	Minimum Grain Portion Size Requirement
Group A • Bread Type Coating • Bread sticks (hard) • Chow Mein Noodles • Savory Crackers • CROUTONS • Pretzels (hard) • Bread in Stuffing (dry)	1/2 oz eq = 11 g or 0.4 oz 1 oz eq = 22 g or 0.8 oz 2 oz eq = 44 g or 1.6 oz
Group B • Bagels • Batter type coating • Biscuits • Bread – all • Buns/Rolls • Graham and animal crackers • Egg roll skins • English Muffins • Pita Bread • Pizza Crust • Pretzels (soft) • Tortillas • Tortilla chips • Taco Shells	1/2 oz eq = 14 g or 0.5 oz 1 oz eq = 28 g or 1.0 oz 2 oz eq = 56 g or 2.0 oz
Group C • Cornbread • Corn Muffins • Croissants • Pancakes • Pie crust (savory pies) • Waffles	1/2 oz eq = 17 g or 0.6 oz 1 oz eq = 34 g or 1.2 oz 2 oz eq = 68 g or 2.4 oz
Group D • Muffins (all, except corn – see group C)	1/2 oz eq = 28 g or 1.0 oz
Group E • French Toast	
Group H • Cereal Grains • Breakfast cereals (cooked) • Bulgur or cracked wheat • Macaroni and Noodles • Ravioli (noodle only) • Rice • Ready to eat breakfast cereals	
Group I	

* Groups F and G have been excluded

Exhibit A for CACFP | March 2021 | Arizona Dept



Groups and Grain Items	Minimum Grains Portion Size Requirement
Group H Cereal grains, breakfast cereal (cooked), bulgur/cracked wheat, pasta, ravioli (noodle only), rice	1/2 oz eq = 1/4 cup cooked or 0.5 oz (14 g) dry 1 oz eq = 1/2 cup cooked or 1 oz (28 g) dry 2 oz eq = 1 cup cooked or 2 oz (56 g) dry

HM Chicken and Rice Bowls
Chicken
WGR Brown Rice
Broccoli
Bell Peppers
Milk

Creditable?
Yes!

Ages 1-5
1/2 oz eq

Ages 6-12
1 oz eq

Adults
2 oz eq

Scenario: Lunch

Assess Oz Eq Grain Portion Size Using Exhibit A

3

Use the Exhibit A Chart to find the grain item and corresponding portion size.

Arizona Department of Education
Health and Nutrition Services
Exhibit A: Grain Requirement for CACFP Operators

Groups and Grain Items*	Minimum Grain Portion Size Requirement
Group A • Bread Type Coating • Bread sticks (hard) • Chow Mein Noodles • Savory Crackers • CROUTONS • Pretzels (hard) • Bread in Stuffing (dry)	1/2 oz eq = 11 g or 0.4 oz 1 oz eq = 22 g or 0.8 oz 2 oz eq = 44 g or 1.6 oz
Group B • Bagels • Batter type coating • Biscuits • Bread - all • Buns/Rolls • Graham and animal crackers • Egg roll skins • English Muffins • Pita Bread • Pizza Crust • Pretzels (soft) • Tortillas • Tortilla chips • Taco Shells	1/2 oz eq = 14 g or 0.5 oz 1 oz eq = 28 g or 1.0 oz 2 oz eq = 56 g or 2.0 oz
Group C • Cornbread • Corn Muffins • Croissants • Pancakes • Pie crust (savory pies) • Waffles	1/2 oz eq = 17 g or 0.6 oz 1 oz eq = 34 g or 1.2 oz 2 oz eq = 68 g or 2.4 oz
Group D • Muffins (all, except corn - see group C)	1/2 oz eq = 28 g or 1.0 oz
Group E • French Toast	
Group H • Cereal Grains • Breakfast cereals (cooked) • Bulgur or cracked wheat • Macaroni and Noodles • Ravioli (noodle only) • Rice • Ready to eat breakfast cereals	

* Groups F and G have been excluded

Exhibit A for CACFP | March 2021 | Arizona Dept of Education



Groups and Grain Items	Minimum Grains Portion Size Requirement
Group H Cereal grains, breakfast cereal (cooked), bulgur/cracked wheat, pasta, ravioli (noodle only), rice	1/2 oz eq = 1/4 cup cooked or 0.5 oz (14 g) dry
	1 oz eq = 1/2 cup cooked or 1 oz (28 g) dry
	2 oz eq = 1 cup cooked or 2 oz (56 g) dry

HM Chicken and Rice Bowls
Chicken
WGR Brown Rice
Broccoli
Bell Peppers
Milk

Creditable?
Yes!

Ages 1-5

1/2 oz eq = at least
1/4 cup cooked

Ages 6-12

1 oz eq = at least
1/2 cup cooked

Adults


2 oz eq = at least
1 cup cooked

Scenario: Lunch

Oz Eq Grain Portion Sizes

Name of Center: A+ Preschool
 Menu for the Week of April 19 to April 23

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



	MON April 19	TUES April 20	WED April 21	THURS April 22	FRI April 23
BREAKFAST	Avocado Toast				
Grain or Meat/Meat Alt	WW Bread	WGR Oatmeal	Pancakes	WW French Toast	WW Bagel
Fruit/Vegetable	Avocado	Blueberries	Strawberries	Applesauce	Pineapple
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					Cream Cheese
LUNCH	HM Chicken and Rice Bowls	Bean and Cheese Burrito		CN Chicken Patty Sandwich	HM Shepherd's Pie
Meat/Alternate	Chicken	Refried Beans & Cheese	Ground Beef	CN Chicken Patty	Ground Beef
Grain	WGR Brown Rice	WW Tortilla	WW Penne Pasta	CN Chicken Patty (Breading) & WW Roll	WW Roll
Vegetable	Broccoli	HM Salsa	Marinara Sauce	Carrots	Mashed Potatoes, Peas, Carrots
Fruit or Vegetable	Bell Peppers	Cucumbers	Apple Slices	Peaches	Watermelon
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					
SNACK				Grilled Cheese	
Component 1	Cheerios	English Muffin	Baked Potato	WW Bread	Vanilla Yogurt
Component 2	Milk	Nut Butter	Carne Asada	Cheddar Cheese	Strawberries
Extra	Banana Slices				

Acronyms:
 WW: Whole Wheat
 WGR: Whole Grain-Rich
 HM: Homemade
 CN: Processed/Convenience Item (CN Label Available)

Identification of Mixed Foods
 (i.e. fruit salad: apples, peaches, banana)

Required Statements:
 All juices served are 100% juice.
 Whole milk is served to participants 12-23 months.
 Participants 24 months and older receive 1% or fat-free milk.

Child and Adult Care Food Program | November 2020 | Arizona Department of Education | This institution is an equal opportunity provider.

Grain Portion Sizes for Monday

Breakfast - WW Bread
 Ages 1-5: ½ slice
 Ages 6-12: 1 slice
 Adults: 2 slices

Lunch - Brown Rice
 Ages 1-5: ¼ cup
 Ages 6-12: ½ cup
 Adults: 1 cup



Assess Oz Eq Grain Portion Size Using Exhibit A


I am a multi-site sponsor responsible for operating and monitoring the CACFP at a childcare center and an adult day center.

Both sites are serving this menu.

WGR Cheerios
Milk
Banana Slices

Name of Center: A+ Preschool We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.

Menu for the Week of April 19 to April 23



	MON April 19	TUES April 20	WED April 21	THURS April 22	FRI April 23
BREAKFAST	Avocado Toast				
Grain or Meat/Meat Alt	WW Bread	WGR Oatmeal	Pancakes	WW French Toast	WW Bagel
Fruit/Vegetable	Avocado	Blueberries	Strawberries	Applesauce	Pineapple
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					Cream Cheese
LUNCH	HM Chicken and Rice Bowls	Bean and Cheese Burrito		CN Chicken Patty Sandwich	HM Shepherd's Pie
Meat/Alternate	Chicken	Refried Beans & Cheese	Ground Beef	CN Chicken Patty	Ground Beef
Grain	WGR Brown Rice	WW Tortilla	WW Penne Pasta	CN Chicken Patty (Breadings) & WW Roll	WW Roll
Vegetable	Broccoli	HM Salsa	Marinara Sauce	Carrots	Mashed Potatoes, Peas, Carrots
Fruit or Vegetable	Bell Peppers	Cucumbers	Apple Slices	Peaches	Watermelon
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					
SNACK				Grilled Cheese	
Component 1	Cheerios	English Muffin	Baked Potato	WW Bread	Vanilla Yogurt
Component 2	Milk	Nut Butter	Carne Asada	Cheddar Cheese	Strawberries
Extra	Banana Slices				

Acronyms:
 WW: Whole Wheat
 WGR: Whole Grain-Rich
 HM: Homemade
 CN: Processed/Convenience Item (CN Label Available)

Identification of Mixed Foods
 (i.e. fruit salad: apples, peaches, banana)

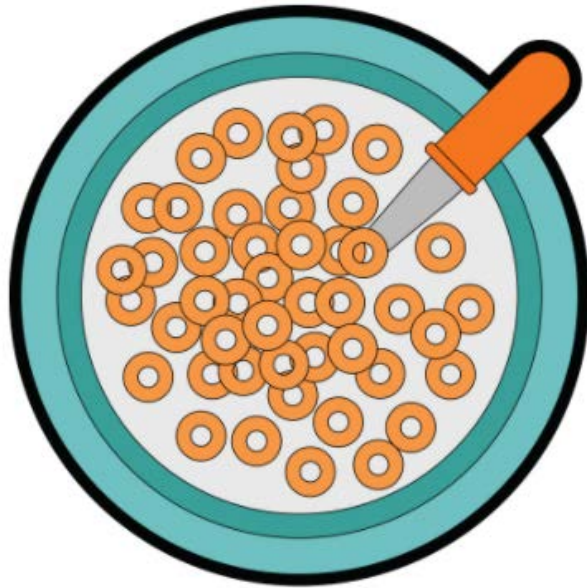
Required Statements:
 All juices served are 100% juice.
 Whole milk is served to participants 12-23 months.
 Participants 24 months and older receive 1% or fat-free milk.

Child and Adult Care Food Program | November 2020 | Arizona Department of Education | This institution is an equal opportunity provider.

Scenario: Snack

Assess Oz Eq Grain Portion Size Using Exhibit A

1 Verify the grain item is creditable.



WGR Cheerios
Milk
Banana Slices

Creditable?
Yes!

--

--

--

Scenario: Snack

Assess Oz Eq Grain Portion Size Using Exhibit A

2

Identify minimum portion size in oz eq based on age group and meal/snack.

Arizona Department of Education
Health and Nutrition Services
How to Use Exhibit A for Grains in the CACFP

- Verify the grain item is creditable.
 - All grain products must be made with enriched or whole grain meal or flour or bran or germ to be creditable. At least one serving of grains per day must be whole grain-rich.
 - Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.
 - Grains that are not creditable and cannot be served.
- Identify the minimum required oz eq for the age group and meal where the grain is being served.

	Ages 1-5	Ages 6-18	Adults
Breakfast	½ oz eq	1 oz eq	2 oz eq
Snack	½ oz eq	1 oz eq	1 oz eq
Lunch/Supper	½ oz eq	1 oz eq	2 oz eq
- Find the grain item and minimum grain portion size on the Exhibit A Chart.
- Identify the minimum required portion size.
 - If the minimum required portion size is listed in volume (cups): you have identified your minimum required portion size. Simply use cup measurements or a kitchen scale to measure out the required portion size in accordance with the oz eq requirement for the age groups you serve.
 - If the minimum required portion size is listed in weight (oz, g): look at the grain item's Nutrition Label. Toward the top of the label, identify the weight of a Serving Size of the grain item. Once one serving size is identified, divide the minimum required portion size identified in step 2 by the serving size found on the label to determine the number of servings to be served. Round up to the next whole number to identify the minimum required portion size.

Example: I operate a childcare center.

- Verify the grain item is creditable. Are...
- Identify the minimum required oz eq for the age group. My adult center serves 6-12-year-olds, and 2 oz eq to adults at breakfast.
- Find the grain item on the Exhibit A chart.
 - Minimum Grain Portion Size Requirement: 1/2 oz eq = 17 g or 0.6 oz; 1 oz eq = 34 g
- Identify the minimum portion size. The Nutrition Label for the pancakes I would like to serve says: 1 pancake = 34 grams. Now, I divide the minimum required portion size by the serving size found on the label to determine the number of servings to be served. Round up to the next whole number to identify the minimum required portion size at breakfast for 3-5-year-olds → 17 grams ÷ 34 grams = 0.5, I need to serve one serving size, or at least one pancake, to meet the minimum required portion size at breakfast for 3-5-year-olds. 6-12-year-olds → 34 grams ÷ 34 grams = 1, I need to serve one serving size, or at least one pancake, to meet the minimum required portion size at breakfast for 6-12-year-olds. Adults → 68 grams ÷ 34 grams = 2, I need to serve two serving sizes, or at least two pancakes, to meet the minimum required portion size at breakfast for adults.

Exhibit A for CACFP | March 2021 | Arizona Department of Education | This institution is an equal opportunity provider.



	Minimum Required Grains Oz Eq		
	Ages 1-5	Ages 6-18	Adults
Breakfast	½ oz eq	1 oz eq	2 oz eq
Snack	½ oz eq	1 oz eq	1 oz eq
Lunch/Supper	½ oz eq	1 oz eq	2 oz eq

- WGR Cheerios
- Milk
- Banana Slices

Creditable?
Yes!

Ages 1-5
½ oz eq

Ages 6-12
1 oz eq

Adults
1 oz eq



Assess Oz Eq Grain Portion Size Using Exhibit A

3

Use the Exhibit A Chart to find the grain item and corresponding portion size.

Arizona Department of Education
Health and Nutrition Services
Exhibit A: Grain Requirement for CACFP Operators

Groups and Grain Items*	Minimum Grain Portion Size Requirement
Group A • Bread Type Coating • Bread sticks (hard) • Chow Mein Noodles • Savory Crackers • CROUTONS • Pretzels (hard) • Bread in Stuffing (dry)	1/2 oz eq = 11 g or 0.4 oz 1 oz eq = 22 g or 0.8 oz 2 oz eq = 44 g or 1.6 oz
Group B • Bagels • Batter type coating • Biscuits • Bread – all • Buns/Rolls • Graham and animal crackers • Egg roll skins • English Muffins • Pita Bread • Pizza Crust • Pretzels (soft) • Tortillas • Tortilla chips • Taco Shells	1/2 oz eq = 14 g or 0.5 oz 1 oz eq = 28 g or 1.0 oz 2 oz eq = 56 g or 2.0 oz
Group C • Cornbread • Corn Muffins • Croissants • Pancakes • Pie crust (savory pies) • Waffles • Muffins (all, except corn – see group D)	
Group D • French Toast	
Group E • Cereal Grains • Breakfast cereals (cooked)	
Group H • Bulgur or cracked wheat • Macaroni and Noodles (all shape) • Ravioli (noodle only) • Rice • Ready to eat breakfast cereal (cold, dry)	
Group I • Ready to eat breakfast cereal (cold, dry)	

* Groups F and G have been excluded as they only contain...



Groups and Grain Items	Minimum Grains Portion Size Requirement
Group I Ready to eat breakfast cereal (cold, dry)	<p><u>Flakes and round cereal</u> 1/2 oz eq = 1/2 cup or 0.5 oz 1 oz eq = 1 cup or 1 oz 2 oz eq = 2 cups or 2 oz</p> <p><u>Puffed cereal</u> 1/2 oz eq = 5/8 cup or 0.5 oz 1 oz eq = 1.25 cups or 1 oz 2 oz eq = 2.5 cups or 2 oz</p> <p><u>Granola</u> 1/2 oz eq = 1/8 cup or 0.5 oz 1 oz eq = 1/4 cup or 1 oz 2 oz eq = 1/2 cup or 2 oz</p>

WGR Cheerios
Milk
Banana Slices

Creditable?
Yes!

Ages 1-5
1/2 oz eq

Ages 6-12
1 oz eq

Adults
1 oz eq

Scenario: Snack

Assess Oz Eq Grain Portion Size Using Exhibit A

3

Use the Exhibit A Chart to find the grain item and corresponding portion size.

Arizona Department of Education
Health and Nutrition Services
Exhibit A: Grain Requirement for CACFP Operators

Groups and Grain Items*	Minimum Grain Portion Size Requirement
Group A • Bread Type Coating • Bread sticks (hard) • Chow Mein Noodles • Savory Crackers • Croutons • Pretzels (hard) • Bread in Stuffing (dry)	1/2 oz eq = 11 g or 0.4 oz 1 oz eq = 22 g or 0.8 oz 2 oz eq = 44 g or 1.6 oz
Group B • Bagels • Batter type coating • Biscuits • Bread - all • Buns/Rolls • Graham and animal crackers • Egg roll skins • English Muffins • Pita Bread • Pizza Crust • Pretzels (soft) • Tortillas • Tortilla chips • Taco Shells	1/2 oz eq = 14 g or 0.5 oz 1 oz eq = 28 g or 1.0 oz 2 oz eq = 56 g or 2.0 oz
Group C • Cornbread • Corn Muffins • Croissants • Pancakes • Pie crust (savory pies) • Waffles • Muffins (all, except corn - see other)	
Group D • French Toast	
Group E	
Group H • Cereal Grains • Breakfast cereals (cooked) • Bulgur or cracked wheat • Macaroni and Noodles (all shape) • Ravioli (noodle only) • Rice • Ready to eat breakfast cereal (cold, dry)	
Group I	

* Groups F and G have been excluded as they only contain...

Exhibit A for CACFP | March 2021 | Arizona Department of Education



Groups and Grain Items	Minimum Grains Portion Size Requirement
Group I Ready to eat breakfast cereal (cold, dry)	Flakes and round cereal
	1/2 oz eq = 1/2 cup or 0.5 oz
	1 oz eq = 1 cup or 1 oz
	2 oz eq = 2 cups or 2 oz
	<u>Puffed cereal</u>
	1/2 oz eq = 5/8 cup or 0.5 oz 1 oz eq = 1.25 cups or 1 oz 2 oz eq = 2.5 cups or 2 oz
	<u>Granola</u>
	1/2 oz eq = 1/8 cup or 0.5 oz 1 oz eq = 1/4 cup or 1 oz 2 oz eq = 1/2 cup or 2 oz

- WGR Cheerios
- Milk
- Banana Slices

Creditable?
Yes!

Ages 1-5
1/2 oz eq = at least 1/2 cup

Ages 6-12
1 oz eq = at least 1 cup


Adults
1 oz eq = at least 1 cup



Oz Eq Grain Portion Sizes

Name of Center: A+ Preschool We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.

Menu for the Week of April 19 to April 23



	MON April 19	TUES April 20	WED April 21	THURS April 22	FRI April 23
BREAKFAST	Avocado Toast				
Grain or Meat/Meat Alt	WW Bread	WGR Oatmeal	Pancakes	WW French Toast	WW Bagel
Fruit/Vegetable	Avocado	Blueberries	Strawberries	Applesauce	Pineapple
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					Cream Cheese
LUNCH	HM Chicken and Rice Bowls	Bean and Cheese Burrito		CN Chicken Patty Sandwich	HM Shepherd's Pie
Meat/Alternate	Chicken	Refried Beans & Cheese	Ground Beef	CN Chicken Patty	Ground Beef
Grain	WGR Brown Rice	WW Tortilla	WW Penne Pasta	CN Chicken Patty (breadings) & WW Roll	WW Roll
Vegetable	Broccoli	HM Salsa	Marinara Sauce	Carrots	Mashed Potatoes, Peas, Carrots
Fruit or Vegetable	Bell Peppers	Cucumbers	Apple Slices	Peaches	Watermelon
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					
SNACK				Grilled Cheese	
Component 1	Cheerios	English Muffin	Baked Potato	WW Bread	Vanilla Yogurt
Component 2	Milk	Nut Butter	Came Asada	Cheddar Cheese	Strawberries
Extra	Banana Slices				

Acronyms:
 WW: Whole Wheat
 WGR: Whole Grain-Rich
 HM: Homemade
 CN: Processed/Convenience Item (CN Label Available)

Identification of Mixed Foods
 (i.e. Fruit salad, apples, peaches, banana)

Required Statements:
 All juices served are 100% juice.
 Whole milk is served to participants 12-23 months.
 Participants 24 months and older receive 1% or fat-free milk.

Child and Adult Care Food Program | November 2020 | Arizona Department of Education | This institution is an equal opportunity provider.

Grain Portion Sizes for Monday

Breakfast - WW Bread
 Ages 1-5: ½ slice
 Ages 6-12: 1 slice
 Adults: 2 slices

Lunch - Brown Rice
 Ages 1-5: ¼ cup
 Ages 6-12: ½ cup
 Adults: 1 cup

Snack - Cheerios
 Ages 1-5: ½ cup
 Ages 6-12: 1 cup
 Adults: 1 cup

Summary

Resource 2: Team Nutrition Worksheet

USDA United States Department of Agriculture
Food and Nutrition Services

Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

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 patterns 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 1/2" by 1 1/4") = 1 oz. eq.
5 woven whole-wheat crackers (1 1/2" by 1 1/2") = 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:

- Find the grain you want to serve under the "Grain Item and Size" column.
- 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 1/4" by 1 1/2", then check if the item is the same size, or larger than, this amount. See page 6.

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 requirements for grains.

Grain Item and Size	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 19-year-olds at Breakfast, Lunch, Supper, Snack	Adults at Breakfast, Lunch, Supper
Pasta (whole grain-rich or enriched, all shapes)	1/4 cup cooked or 14 grams dry	1/2 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*	1/4 pita or 14 grams	1/2 pita or 28 grams	1 pita or 56 grams
Popcorn	1 1/2 cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")**	14 twists (-1/2 cup) or 11 grams	14 twists (-1/2 cup) or 22 grams	27 twists (-1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 1/2" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
Pretzel, Soft at least 56 grams**	1/4 pretzel or 14 grams	1/2 pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 8 grams*	1 1/2 cakes or 11 grams	3 cakes or 22 grams	5 1/2 cakes or 44 grams
Rice Cake, Mini (about 1 1/4" 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 1/2")**	1/4 tortilla or 14 grams	1/2 tortilla or 28 grams	2 1/2 tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	1/4 tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	1/4 tortilla or 14 grams	1/2 tortilla or 28 grams	1 tortilla or 56 grams
Waffle at least 34 grams*	1/4 waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>

Grains Measuring Chart for the Child and Adult Care Food Program

Grains Measuring Chart for the Child and Adult Care Food Program

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 19-year-olds at Breakfast, Lunch, Supper, Snack	Adults at Breakfast, Lunch, Supper
Pasta (whole grain-rich or enriched, all shapes)	1/4 cup cooked or 14 grams dry	1/2 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*	1/4 pita or 14 grams	1/2 pita or 28 grams	1 pita or 56 grams
Popcorn	1 1/2 cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")**	14 twists (-1/2 cup) or 11 grams	14 twists (-1/2 cup) or 22 grams	27 twists (-1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 1/2" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
Pretzel, Soft at least 56 grams**	1/4 pretzel or 14 grams	1/2 pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 8 grams*	1 1/2 cakes or 11 grams	3 cakes or 22 grams	5 1/2 cakes or 44 grams
Rice Cake, Mini (about 1 1/4" 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 1/2")**	1/4 tortilla or 14 grams	1/2 tortilla or 28 grams	2 1/2 tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	1/4 tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	1/4 tortilla or 14 grams	1/2 tortilla or 28 grams	1 tortilla or 56 grams
Waffle at least 34 grams*	1/4 waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams

*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.
**Check that the item you want to serve is about the size or larger. See "Grains Measuring Tools" on page 6 for more information.

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:

- 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.
- 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.
- Using the Nutrition Facts label, find how many items are in one serving. There are three pancakes in one serving of Brand P Pancakes.
- 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
4 servings per container
Serving size (Pancakes) (117g)

Amount per serving	
Calories	280
Total Fat 10g	20%
Saturated Fat 16g	32%
Total Carb 40g	80%
Fiber 1g	2%

$117 \text{ grams} \div 3 \text{ pancakes} = 39 \text{ grams per pancake}$
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). If your item is 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.

X 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 patterns. 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 1/2" by 11" paper.

FNS-862 October 2019
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Resource 2: Team Nutrition Worksheet

Grains Measuring Chart: Pages 2-4

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
Pasta (whole grain-rich or enriched, all shapes)	1/4 cup cooked or 14 grams dry	1/2 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*	1/4 pita or 14 grams	1/2 pita or 28 grams	1 pita or 56 grams
Popcorn	1 1/2 cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 1/2" by 1 1/2")**	7 twists (-1/2 cup) or 11 grams	14 twists (-1/2 cup) or 22 grams	27 twists (-1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 1/2" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
Pretzel, Soft at least 56 grams*	1/4 pretzel or 14 grams	1/2 pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 8 grams*	1 1/2 cakes or 11 grams	3 cakes or 22 grams	5 1/2 cakes or 44 grams
Rice Cake, Mini (about 1 1/2" 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 1/2")**	3/4 tortilla or 14 grams	1 1/4 tortillas or 28 grams	2 1/2 tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	1/2 tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
Tortilla, Soft, Flour (about 8")**	1/4 tortilla or 14 grams	1/2 tortilla or 28 grams	1 tortilla or 56 grams
Waffle at least 34 grams*	1/2 waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams

*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.
**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.



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
Bagel (entire bagel) at least 56 grams*	1/4 bagel or 14 grams	1/2 bagel or 28 grams	1 bagel or 56 grams

How to Use the Grains Measuring Chart

Assess Grain Portion Sizes Using Team Nutrition's Grains Measuring Chart

- 1 Find the grain item 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.
- 3 Find the column for the age of your participants and the meal or snack being served.

Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet

I am a multi-site sponsor responsible for operating and monitoring the CACFP at a childcare center and an adult day center.


Both sites are serving this menu.

WGR Oatmeal
Blueberries
Milk



Name of Center: A+ Preschool We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.

Menu for the Week of April 19 to April 23



	MON April 19	TUES April 20	WED April 21	THURS April 22	FRI April 23
BREAKFAST	Avocado Toast				
Grain or Meat/Meat Alt	WW Bread	WGR Oatmeal	Pancakes	WW French Toast	WW Bagel
Fruit/Vegetable	Avocado	Blueberries	Strawberries	Applesauce	Pineapple
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					Cream Cheese
LUNCH	HM Chicken and Rice Bowls	Bean and Cheese Burrito		CN Chicken Patty Sandwich	HM Shepherd's Pie
Meat/Alternate	Chicken	Refried Beans & Cheese	Ground Beef	CN Chicken Patty	Ground Beef
Grain	WGR Brown Rice	WW Tortilla	WW Penne Pasta	CN Chicken Patty (Breadings) & WW Roll	WW Roll
Vegetable	Broccoli	HM Salsa	Marinara Sauce	Carrots	Mashed Potatoes, Peas, Carrots
Fruit or Vegetable	Bell Peppers	Cucumbers	Apple Slices	Peaches	Watermelon
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					
SNACK				Grilled Cheese	
Component 1	Cheerios	English Muffin	Baked Potato	WW Bread	Vanilla Yogurt
Component 2	Milk	Nut Butter	Carne Asada	Cheddar Cheese	Strawberries
Extra	Banana Slices				

Acronyms:
 WW: Whole Wheat
 WGR: Whole Grain-Rich
 HM: Homemade
 CN: Processed/Convenience Item (CN Label Available)

Identification of Mixed Foods
 (i.e. fruit salad: apples, peaches, banana)

Required Statements:
 All juices served are 100% juice.
 Whole milk is served to participants 12-23 months.
 Participants 24 months and older receive 1% or fat-free milk.

Child and Adult Care Food Program | November 2020 | Arizona Department of Education | This institution is an equal opportunity provider.

Scenario: Breakfast

Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet

1

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

WGR Oatmeal
Blueberries
Milk

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 14 grams	10 crackers or 28 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.)	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

Oatmeal	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
----------------	------------------------------	------------------------------	------------------------------

Scenario: Breakfast

*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.
 **Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet

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

WGR Oatmeal
Blueberries
Milk

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 14 grams	10 crackers or 28 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.)	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

Oatmeal	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
----------------	------------------------------	------------------------------	------------------------------


Scenario: Breakfast

*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.
 **Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet

- 3** Find the column for the age of your participants and the meal or snack being served.


WGR Oatmeal
Blueberries
Milk

 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
	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...
Oatmeal	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry

Oz Eq Grain Portion Sizes

Name of Center: **A+ Preschool**
 Menu for the Week of **April 19** to **April 23**

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



	MON April 19	TUES April 20	WED April 21	THURS April 22	FRI April 23
BREAKFAST	Avocado Toast				
Grain or Meat/Meat Alt	WW Bread	WGR Oatmeal	Pancakes	WW French Toast	WW Bagel
Fruit/Vegetable	Avocado	Blueberries	Strawberries	Applesauce	Pineapple
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					Cream Cheese
LUNCH	HM Chicken and Rice Bowls	Bean and Cheese Burrito		CN Chicken Patty Sandwich	HM Shepherd's Pie
Meat/Alternate	Chicken	Refried Beans & Cheese	Ground Beef	CN Chicken Patty	Ground Beef
Grain	WGR Brown Rice	WW Tortilla	WW Penne Pasta	CN Chicken Patty (Breading) & WW Roll	WW Roll
Vegetable	Broccoli	HM Salsa	Marinara Sauce	Carrots	Mashed Potatoes, Peas, Carrots
Fruit or Vegetable	Bell Peppers	Cucumbers	Apple Slices	Peaches	Watermelon
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					
SNACK				Grilled Cheese	
Component 1	Cheerios	English Muffin	Baked Potato	WW Bread	Vanilla Yogurt
Component 2	Milk	Nut Butter	Came Asada	Cheddar Cheese	Strawberries
Extra	Banana Slices				

Acronyms:
 WW: Whole Wheat
 WGR: Whole Grain-Rich
 HM: Homemade
 CN: Processed/Convenience Item (CN Label Available)

Identification of Mixed Foods
 (i.e. fruit salad, apples, peaches, banana)

Required Statements:
 All juices served are 100% juice
 Whole milk is served to participants 12-23 months
 Participants 24 months and older receive 1% or fat-free milk

Child and Adult Care Food Program | November 2020 | Arizona Department of Education | This institution is an equal opportunity provider.

Grain Portion Sizes for Monday

Breakfast - WW Bread
 Ages 1-5: ½ slice
 Ages 6-12: 1 slice
 Adults: 2 slices

Lunch – WGR Brown Rice
 Ages 1-5: ¼ cup
 Ages 6-12: ½ cup
 Adults: 1 cup

Snack – Cheerios
 Ages 1-5: ½ cup
 Ages 6-12: 1 cup
 Adults: 1 cup

Grain Portion Sizes for Tuesday

Breakfast – WGR Oatmeal
 Ages 1-5: ¼ cup
 Ages 6-12: ½ cup
 Adults: 1 cup



Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet


I am a multi-site sponsor responsible for operating and monitoring the CACFP at a childcare center and an adult day center.

Both sites are serving this menu.

Bean & Cheese Burrito
Beans & Cheese
WW Tortilla
HM Salsa
Cucumbers
Milk

Name of Center: A+ Preschool We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.

Menu for the Week of April 19 to April 23



	MON April 19	TUES April 20	WED April 21	THURS April 22	FRI April 23
BREAKFAST	Avocado Toast				
Grain or Meat/Meat Alt	WW Bread	WGR Oatmeal	Pancakes	WW French Toast	WW Bagel
Fruit/Vegetable	Avocado	Blueberries	Strawberries	Applesauce	Pineapple
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					Cream Cheese
LUNCH	HM Chicken and Rice Bowls	Bean and Cheese Burrito		CN Chicken Patty Sandwich	HM Shepherd's Pie
Meat/Alternate	Chicken	Refried Beans & Cheese	Ground Beef	CN Chicken Patty	Ground Beef
Grain	WGR Brown Rice	WW Tortilla	WW Penne Pasta	CN Chicken Patty (Breadings) & WW Roll	WW Roll
Vegetable	Broccoli	HM Salsa	Marinara Sauce	Carrots	Mashed Potatoes, Peas, Carrots
Fruit or Vegetable	Bell Peppers	Cucumbers	Apple Slices	Peaches	Watermelon
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					
SNACK				Grilled Cheese	
Component 1	Cheerios	English Muffin	Baked Potato	WW Bread	Vanilla Yogurt
Component 2	Milk	Nut Butter	Carne Asada	Cheddar Cheese	Strawberries
Extra	Banana Slices				

Acronyms:
 WW: Whole Wheat
 WGR: Whole Grain-Rich
 HM: Homemade
 CN: Processed/Convenience Item (CN Label Available)

Identification of Mixed Foods
 (i.e. fruit salad: apples, peaches, banana)

Required Statements:
 All juices served are 100% juice.
 Whole milk is served to participants 12-23 months.
 Participants 24 months and older receive 1% or fat-free milk.

Child and Adult Care Food Program | November 2020 | Arizona Department of Education | This institution is an equal opportunity provider.



Scenario: Lunch

Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet

1

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

Bean & Cheese Burrito
Beans & Cheese
WW Tortilla
HM Salsa
Cucumbers
Milk

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 or 11		
Pretzel, Hard, Thin Stick (about 2 ½" long)**	16 sticks		
Pretzel, Soft at least 56 grams*	¼ pre		
Rice (all types)	¼ cup or 14		
Rice Cake at least 8 grams*	1 ½ c		
Rice Cake, Mini (about 1 ¼" across)**	7 cak		
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	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

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

½ tortilla or 28 grams

1 tortilla or 56 grams

*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.

**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Scenario: Lunch

Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet

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

Bean & Cheese Burrito
Beans & Cheese
WW Tortilla
HM Salsa
Cucumbers
Milk

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 or 11 grams	14 twists or 22 grams	28 twists or 44 grams
Pretzel, Hard, Thin Stick (about 2 ½" long)**	16 sticks or 11 grams	32 sticks or 22 grams	64 sticks or 44 grams
Pretzel, Soft at least 56 grams*	¼ pretzel	½ pretzel	1 pretzel
Rice (all types)	¼ cup or 14 grams	½ cup or 28 grams	1 cup or 56 grams
Rice Cake at least 8 grams*	1 ½ cakes	3 cakes	6 cakes
Rice Cake, Mini (about 1 ¼" across)**	7 cakes	14 cakes	28 cakes
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	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

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	½ tortilla or 28 grams	1 tortilla or 56 grams

Scenario: Lunch

*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.
 **Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

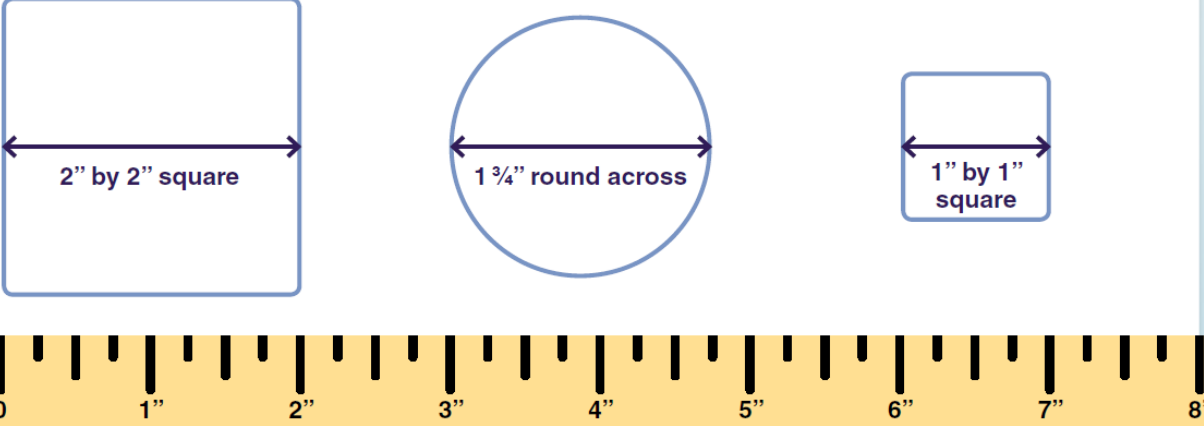
Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet

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

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 1/2" by 11" paper.



2" by 2" square

1 3/4" round across

1" by 1" square

Bean & Cheese Burrito
Beans & Cheese
WW Tortilla
HM Salsa
Cucumbers
Milk

Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet

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




Bean & Cheese Burrito
Beans & Cheese
WW Tortilla
HM Salsa
Cucumbers
Milk

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	½ tortilla or 28 grams	1 tortilla or 56 grams

Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet

3 Find the column for the age of your participants and the meal or snack being served.

Bean & Cheese Burrito
Beans & Cheese
WW Tortilla
HM Salsa
Cucumbers
Milk


 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
	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...
Tortilla, Soft, Flour (about 6")**	½ tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams

Scenario: Lunch

Oz Eq Grain Portion Sizes

Name of Center: **A+ Preschool**
 Menu for the Week of **April 19** to **April 23**

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



	MON April 19	TUES April 20	WED April 21	THURS April 22	FRI April 23
BREAKFAST	Avocado Toast				
Grain or Meat/Meat Alt	WW Bread	WGR Oatmeal	Pancakes	WW French Toast	WW Bagel
Fruit/Vegetable	Avocado	Blueberries	Strawberries	Applesauce	Pineapple
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					Cream Cheese
LUNCH	HM Chicken and Rice Bowls	Bean and Cheese Burrito		CN Chicken Patty Sandwich	HM Shepherd's Pie
Meat/Alternate	Chicken	Refried Beans & Cheese	Ground Beef	CN Chicken Patty	Ground Beef
Grain	WGR Brown Rice	WW Tortilla	WW Penne Pasta	CN Chicken Patty (Breading) & WW Roll	WW Roll
Vegetable	Broccoli	HM Salsa	Marinara Sauce	Carrots	Mashed Potatoes, Peas, Carrots
Fruit or Vegetable	Bell Peppers	Cucumbers	Apple Slices	Peaches	Watermelon
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra				Grilled Cheese	
SNACK					
Component 1	Cheerios	English Muffin	Baked Potato	WW Bread	Vanilla Yogurt
Component 2	Milk	Nut Butter	Came Asada	Cheddar Cheese	Strawberries
Extra	Banana Slices				

Acronyms:
 WW: Whole Wheat
 WGR: Whole Grain-Rich
 HM: Homemade
 CN: Processed/Convenience Item (CN Label Available)

Identification of Mixed Foods
 (i.e. fruit salad, apples, peaches, banana)

Required Statements:
 All juices served are 100% juice
 Whole milk is served to participants 12-23 months.
 Participants 24 months and older receive 1% or fat-free milk

Child and Adult Care Food Program | November 2020 | Arizona Department of Education | This institution is an equal opportunity provider.

Grain Portion Sizes for Monday

Breakfast - WW Bread
 Ages 1-5: ½ slice
 Ages 6-12: 1 slice
 Adults: 2 slices

Lunch – WGR Brown Rice
 Ages 1-5: ¼ cup
 Ages 6-12: ½ cup
 Adults: 1 cup

Snack – Cheerios
 Ages 1-5: ½ cup
 Ages 6-12: 1 cup
 Adults: 1 cup

Grain Portion Sizes for Tuesday

Breakfast – WGR Oatmeal
 Ages 1-5: ¼ cup
 Ages 6-12: ½ cup
 Adults: 1 cup

Lunch – WW Tortilla
 Ages 1-5: ½ tortilla
 Ages 6-12: 1 tortilla
 Adults: 2 tortillas



Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet


I am a multi-site sponsor responsible for operating and monitoring the CACFP at a childcare center and an adult day center.

Both sites are serving this menu.



Name of Center: A+ Preschool
 Menu for the Week of April 19 to April 23

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



	MON April 19	TUES April 20	WED April 21	THURS April 22	FRI April 23
BREAKFAST	Avocado Toast				
Grain or Meat/Meat Alt	WW Bread	WGR Oatmeal	Pancakes	WW French Toast	WW Bagel
Fruit/Vegetable	Avocado	Blueberries	Strawberries	Applesauce	Pineapple
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					Cream Cheese
LUNCH	HM Chicken and Rice Bowls	Bean and Cheese Burrito		CN Chicken Patty Sandwich	HM Shepherd's Pie
Meat/Alternate	Chicken	Refried Beans & Cheese	Ground Beef	CN Chicken Patty	Ground Beef
Grain	WGR Brown Rice	WW Tortilla	WW Penne Pasta	CN Chicken Patty (Breadings) & WW Roll	WW Roll
Vegetable	Broccoli	HM Salsa	Marinara Sauce	Carrots	Mashed Potatoes, Peas, Carrots
Fruit or Vegetable	Bell Peppers	Cucumbers	Apple Slices	Peaches	Watermelon
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					
SNACK				Grilled Cheese	
Component 1	Cheerios	English Muffin	Baked Potato	WW Bread	Vanilla Yogurt
Component 2	Milk	Nut Butter	Carne Asada	Cheddar Cheese	Strawberries
Extra	Banana Slices				

Acronyms:
 WW: Whole Wheat
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 CN: Processed/Convenience Item (CN Label Available)

Identification of Mixed Foods
 (i.e. fruit salad: apples, peaches, banana)

Required Statements:
 All juices served are 100% juice.
 Whole milk is served to participants 12-23 months.
 Participants 24 months and older receive 1% or fat-free milk.

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Scenario: Snack

Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet

1

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

English Muffin
Nut Butter

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	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		
Muffin and Quick Bread (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams		
Oatmeal	¼ cup cooked or 14 grams dry	28 grams dry	56 grams dry
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes 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
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Scenario: Snack

*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.
 **Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet

2

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

English Muffin
Nut Butter

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	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		
Muffin and Quick Bread (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams		
Oatmeal	¼ cup cooked or 14 grams dry	28 grams dry	56 grams dry
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes 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
----------------------	----------------------	----------------------

Scenario: Snack

*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.
 **Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet

- 2** Check if the chart lists a size or weight by the name of the grain.

English Muffin
Nut Butter



Nutrition Facts
6 servings per container
Serving Size 1 muffin (57 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
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Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet

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

English Muffin
Nut Butter

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:

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

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
Pancake at least 34 grams	Serve at Least ½ oz. eq., which equals about... ½ pancake or 17 grams	Serve at Least 1 oz. eq., which equals about... 1 pancake or 34 grams	Serve at Least 2 oz. eq., which equals about... 2 pancakes or 68 grams

Brand P Pancakes


Nutrition Facts	
4 servings per container	
Serving size (3 Pancakes) (117g)	
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 0g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	

117 grams \div 3 pancakes = 39 grams per pancake
Serving Weight Serving Size Weight of Each Item

Assess Oz Eq Grain Portion Size Using Team Nutrition's Worksheet

3 Find the column for the age of your participants and the meal or snack being served.

English Muffin
Nut Butter


 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...
English Muffin *(top and bottom) at least 56 grams	¼ muffin or 14 grams	½ muffin or 28 grams	1 muffin or 56 grams

Scenario: Snack

Oz Eq Grain Portion Sizes

Name of Center: A+ Preschool We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.

Menu for the Week of April 19 to April 23



	MON April 19	TUES April 20	WED April 21	THURS April 22	FRI April 23
BREAKFAST	Avocado Toast				
Grain or Meat/Meat Alt	WW Bread	WGR Oatmeal	Pancakes	WW French Toast	WW Bagel
Fruit/Vegetable	Avocado	Blueberries	Strawberries	Applesauce	Pineapple
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					Cream Cheese
LUNCH	HM Chicken and Rice Bowls	Bean and Cheese Burrito		CN Chicken Patty Sandwich	HM Shepherd's Pie
Meat/Alternate	Chicken	Refried Beans & Cheese	Ground Beef	CN Chicken Patty	Ground Beef
Grain	WGR Brown Rice	WW Tortilla	WW Penne Pasta	CN Chicken Patty (breadings) & WW Roll	WW Roll
Vegetable	Broccoli	HM Salsa	Marinara Sauce	Carrots	Mashed Potatoes, Peas, Carrots
Fruit or Vegetable	Bell Peppers	Cucumbers	Apple Slices	Peaches	Watermelon
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Extra					
SNACK				Grilled Cheese	Ladybugs
Component 1	Cheerios	Nut Butter	Baked Potato	WW Bread	WW English Muffin
Component 2	Milk	Graham Crackers	Carne Asada	Cheddar Cheese	Raisins
Extra	Banana Slices	Strawberries			Strawberry Jam

Acronyms:
 WW: Whole Wheat
 WGR: Whole Grain-Rich
 HM: Homemade
 CN: Processed/Convenience Item (CN Label Available)

Identification of Mixed Foods
 (i.e. fruit salad, apples, peaches, banana)

Required Statements:
 All juices served are 100% juice
 Whole milk is served to participants 12-23 months
 Participants 24 months and older receive 1% or fat-free milk

Child and Adult Care Food Program | November 2020 | Arizona Department of Education | This institution is an equal opportunity provider.

Grain Portion Sizes for Monday

Breakfast - WW Bread
 Ages 1-5: ½ slice
 Ages 6-12: 1 slice
 Adults: 2 slices

Lunch – WGR Brown Rice
 Ages 1-5: ¼ cup
 Ages 6-12: ½ cup
 Adults: 1 cup

Snack – Cheerios
 Ages 1-5: ½ cup
 Ages 6-12: 1 cup
 Adults: 1 cup

Grain Portion Sizes for Tuesday

Breakfast – WGR Oatmeal
 Ages 1-5: ¼ cup
 Ages 6-12: ½ cup
 Adults: 1 cup

Lunch – WW Tortilla
 Ages 1-5: ½ tortilla
 Ages 6-12: 1 tortilla
 Adults: 2 tortillas

Snack – English Muffin
 Ages 1-5: ¼ muffin
 Ages 6-12: ½ muffin
 Adults: ½ muffin



Two Resources

ADE recommends implementing the grain ounce equivalent requirement using:

1. Exhibit A: Grain Requirement for Child Nutrition Programs
2. Team Nutrition's: Using Oz Eq for Grains in the CACFP



Practice!

I am a multi-site sponsor responsible for operating and monitoring the CACFP at a childcare center and an adult day center.

If I serve my participants the portion sizes outlined in the chart below, am I satisfying the minimum portion size requirements?

WED April 21
Breakfast
Pancakes
Strawberries
Milk
Lunch
Ground Beef
WW Penne Pasta
Marinara Sauce
Apple Slices
Milk

Grain Portion Sizes for Wednesday

Breakfast - Pancakes
Ages 1-5: 1/2 pancake
Ages 6-12: 1 pancake
Adults: 2 pancakes

Lunch – WW Penne Pasta
Ages 1-5: ¼ cup
Ages 6-12: ½ cup
Adults: 1 cup



Practice

Practice! Am I satisfying the minimum portion size requirements?

WED April 21
Breakfast
Pancakes
Strawberries
Milk

Grain Portion Sizes for Wednesday

Breakfast - Pancakes
 Ages 1-5: 1/2 pancake
 Ages 6-12: 1 pancake
 Adults: 2 pancakes

Nutrition Facts


50 servings per container
Serving Size 1 pancake (34 grams)

	Minimum Required Grains Oz Eq		
	Ages 1-5	Ages 6-18	Adults
Breakfast	1/2 oz eq	1 oz eq	2 oz eq

Exhibit A

Groups and Grain Items		Minimum Grains Portion Size Requirement
Group C	Pancakes	1/2 oz eq = 17 g or 0.6 oz 1 oz eq = 34 g or 1.2 oz 2 oz eq = 68 g or 2.4 oz

Team Nutrition

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
	Serve at Least 1/2 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*	1/2 pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

Practice

Review! Am I satisfying the minimum portion size requirements?

WED April 21
Breakfast
Pancakes
Strawberries
Milk

Grain Portion Sizes for Wednesday

Breakfast - Pancakes
 Ages 1-5: 1/2 pancake
 Ages 6-12: 1 pancake
 Adults: 2 pancakes

Nutrition Facts
50 servings per container
Serving Size 1 pancake (34 grams)

	Minimum Required Grains Oz Eq		
	Ages 1-5	Ages 6-18	Adults
Breakfast	½ oz eq	1 oz eq	2 oz eq

Exhibit A

Groups and Grain Items		Minimum Grains Portion Size Requirement
Group C	Pancakes	1/2 oz eq = 17 g or 0.6 oz 1 oz eq = 34 g or 1.2 oz 2 oz eq = 68 g or 2.4 oz

Team Nutrition

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

Review

Review! Am I satisfying the minimum portion size requirements? **Yes!**



WED April 21
Breakfast
Pancakes
Strawberries
Milk

Grain Portion Sizes for Wednesday

Breakfast - Pancakes
 Ages 1-5: ½ pancake
 Ages 6-12: 1 pancake
 Adults: 2 pancakes


Nutrition Facts
 50 servings per container
Serving Size 1 pancake (34 grams)

	Minimum Required Grains Oz Eq		
	Ages 1-5	Ages 6-18	Adults
Breakfast	½ oz eq	1 oz eq	2 oz eq

Exhibit A

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Group C	Pancakes	1/2 oz eq = 17 g or 0.6 oz
		1 oz eq = 34 g or 1.2 oz
		2 oz eq = 68 g or 2.4 oz

Team Nutrition

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
	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

Review

Practice! Am I satisfying the minimum portion size requirements?

Lunch
Ground Beef
WW Penne Pasta
Marinara Sauce
Apple Slices
Milk


Lunch – WW Penne Pasta
 Ages 1-5: ¼ cup
 Ages 6-12: ½ cup
 Adults: 1 cup

	Minimum Required Grains Oz Eq		
	Ages 1-5	Ages 6-18	Adults
Lunch	½ oz eq	1 oz eq	2 oz eq

Exhibit A

Groups and Grain Items		Minimum Grains Portion Size Requirement
Group H	Pasta	1/2 oz eq = 1/4 cup cooked or 0.5 oz (14 g) dry 1 oz eq = 1/2 cup cooked or 1 oz (28 g) dry 2 oz eq = 1 cup cooked or 2 oz (56 g) dry

Team Nutrition

 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)	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup or 56 grams dry

Practice

Review! Am I satisfying the minimum portion size requirements?

Lunch
Ground Beef
WW Penne Pasta
Marinara Sauce
Apple Slices
Milk


Lunch – WW Penne Pasta
Ages 1-5: ¼ cup
Ages 6-12: ½ cup
Adults: 1 cup

Minimum Required Grains Oz Eq			
	Ages 1-5	Ages 6-18	Adults
Lunch	½ oz eq	1 oz eq	2 oz eq

Exhibit A

Groups and Grain Items		Minimum Grains Portion Size Requirement
Group H	Pasta	1/2 oz eq = 1/4 cup cooked or 0.5 oz (14 g) dry 1 oz eq = 1/2 cup cooked or 1 oz (28 g) dry 2 oz eq = 1 cup cooked or 2 oz (56 g) dry

Team Nutrition

Grain Item and Size	Age Group and Meal		
		1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq., which equals about...	6-through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup or 56 grams dry

Review

Review! Am I satisfying the minimum portion size requirements? **Yes!**



Lunch
Ground Beef
WW Penne Pasta
Marinara Sauce
Apple Slices
Milk


Lunch – WW Penne Pasta
Ages 1-5: ¼ cup
Ages 6-12: ½ cup
Adults: 1 cup

Minimum Required Grains Oz Eq			
	Ages 1-5	Ages 6-18	Adults
Lunch	½ oz eq	1 oz eq	2 oz eq

Exhibit A

Groups and Grain Items		Minimum Grains Portion Size Requirement
Group H	Pasta	1/2 oz eq = 1/4 cup cooked or 0.5 oz (14 g) dry
		1 oz eq = 1/2 cup cooked or 1 oz (28 g) dry
		2 oz eq = 1 cup cooked or 2 oz (56 g) dry

Team Nutrition

Grain Item and Size	Age Group and Meal		
		1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq., which equals about...	6-through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup or 56 grams dry

Review

Oz Eq for Infants

Infant Feeding Requirements: Grains

Measuring grains using ounce equivalents also applies to infant portions!

But remember, food items and portions served to infants is based on each infant's individual developmental readiness.

USDA United States Department of Agriculture
Food and Nutrition Service

Feeding Infants Using Ounce Equivalents for Grains in the Child and Adult Care Food Program



Grains in the form of bread/bread-like items, crackers, iron-fortified infant cereals are an important part of the Child and Adult Care Food Program. To make sure infants get enough amounts of grain items are listed in the meal pattern as ounce equivalents tell you the amount of food.

As a reminder, iron-fortified infant cereal is the only grain that may count toward the meal pattern. You may serve bread, crackers, iron-fortified infant cereals as part of a reimbursable meal.

Reminder
Infant cereals and ready-to-eat iron-fortified. Ready-to-eat cereal no more than 6 grams of sugar. All grains served must be either whole grain or whole grain equivalent.

For more information, see the "Feeding Infants in the Child and Adult Care Food Program" manual.

USDA

BREAD/BREAD-LIKE ITEMS = ½ oz eq

IRON-FORTIFIED INFANT CEREAL = ½ oz eq

Grains Measuring Chart for the CACFP Infant Meal Pattern

Grain Item and Size	½ oz eq is about...	Creditable at Meals or Snacks?
Biscuit at least 28 grams	★ ½ biscuit or 14 grams	Snack only
Bread at least 28 grams	★ ½ slice or 14 grams	Snack only
Bun or Roll (entire bun or roll) at least 28 grams	★ ½ bun/roll or 14 grams	Snack only
Corn Muffin at least 34 grams	★ ½ muffin or 17 grams	Snack only
English Muffin (top and bottom) at least 56 grams	★ ¼ muffin or 14 grams	Snack only
Iron-Fortified Infant Cereal (single and multigrain)	4 tablespoons (¼ cup) dry	Breakfast, lunch, supper, snack
Pancake at least 34 grams	★ ½ pancake or 17 grams	Snack only
Pita Bread/Round at least 56 grams	★ ¼ pita or 14 grams	Snack only
Tortilla, Soft, Corn (about 5 ½")	■ ¾ tortilla or 14 grams	Snack only
Tortilla, Soft, Flour (about 6")	■ ½ tortilla or 14 grams	Snack only
Tortilla, Soft, Flour (about 8")	■ ¼ tortilla or 14 grams	Snack only
Waffle at least 34 grams	★ ½ waffle or 17 grams	Snack only

- ★ Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.
- Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Documenting Oz Eq Compliance



Documenting Ounce Equivalents

Required Documentation

1. CN Labels / Product Formulation Statements for processed or convenience entrée items.
2. Production Worksheets for Vended/Catered Meals



Documenting Ounce Equivalents

Required Documentation

1. CN Labels / Product Formulation Statements for processed or convenience entrée items.
2. Production Worksheets for Vended/Catered Meals

New! Best Practice

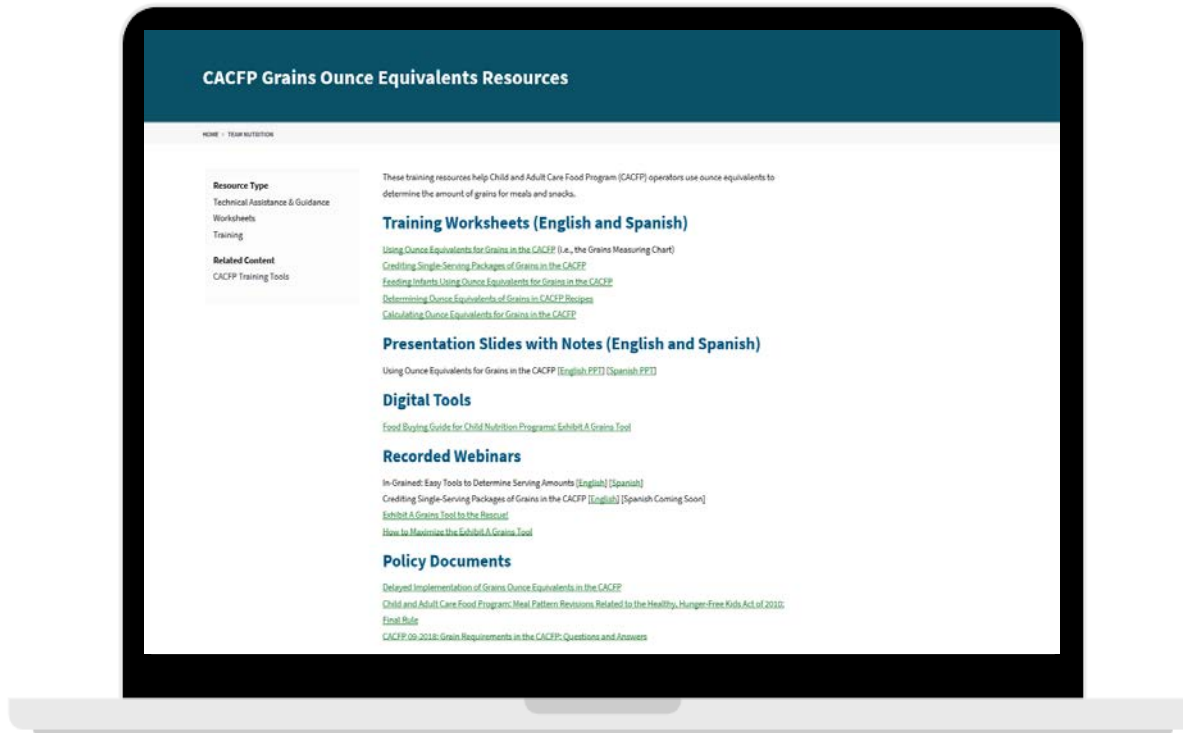
1. Write it down and keep it somewhere it can be used/referenced



Additional Trainings and Resources



Additional Oz Eq Resources



USDA Resources

- Training Worksheets
- Recorded Webinars
- Policy Documents

ADE Resources

- Webinar Recording
- Your assigned program specialist!

THANK YOU!

If you are attending the live webinar, you will receive a link to complete the survey in EMS. After completing the survey, you can print a certificate of completion.

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.

Survey & Certificate



Training Certificate

[Click here](#) to complete a short survey and obtain your training certificate.

ADHS Empower Program

This training counts toward Empower Program training requirements.

Arizona Early Childhood Workforce Registry

This training is listed on the Arizona Early Childhood Workforce Registry. If you want this training to appear on your registry transcript, please provide your Workforce Registry ID when completing the survey.



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1. mail:

*U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or*

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

program.intake@usda.gov

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