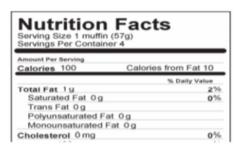
# How to Credit a Grain Using Exhibit A in the Food Buying Guide

Exhibit A contains the ounces in weight that equate to creditable ounce equivalents of grain for a wide variety of food items

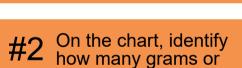
## **Example:**

Rye Elementary School serves a whole grain English muffin that has 57 grams per serving (1 serving = 1 muffin).



## Steps:

#1 Find the Group on the chart containing the general name of your food product.



ounces equal 1 oz eq.

#3 Divide your product's weight in grams by the amount of grams that equal 1 oz eq.

#4 Round down to the nearest 0.25.

English muffins are found in Group B of Exhibit A in the Food Buying Guide.



For items in Group B, 1 oz eq = 28 grams

1 muffin = 57 grams 57 grams / 28 grams = 2.03 oz eq

2.03 oz eq rounds down to 2.00 oz eq

How many oz eq would 1 English muffin credit for in this example? 2.00 oz eq

#### **Exhibit A: School Lunch and Breakfast**

# Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements for School Meal Programs<sup>1, 2</sup>

GROUP A	OZ EQ FOR GROUP A
Bread type coating Bread sticks (hard) Chow mein noodles Savory crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: Weights apply to bread in stuffing.	1 oz eq = 22 g or 0.8 oz 3/4 oz eq = 17 g or 0.6 oz 1/2 oz eq = 11 g or 0.4 oz 1/4 oz eq = 6 g or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul> <li>Bagels</li> <li>Batter type coating</li> <li>Biscuits</li> <li>Breads (sliced whole wheat, French, Italian)</li> <li>Buns (hamburger and hot dog)</li> <li>Sweet crackers<sup>4</sup> (graham crackers - all shapes, animal crackers)</li> <li>Egg roll skins</li> <li>English muffins</li> <li>Pita bread (whole wheat or whole grain-rich)</li> <li>Pizza crust</li> <li>Pretzels (soft)</li> <li>Rolls (whole wheat or whole grain-rich)</li> <li>Tortillas (whole wheat or whole corn)</li> <li>Tortilla chips (whole wheat or whole corn)</li> <li>Taco shells (whole wheat or whole corn)</li> </ul>	1 oz eq = 28 g or 1.0 oz 3/4 oz eq = 21 g or 0.75 oz 1/2 oz eq = 14 g or 0.5 oz 1/4 oz eq = 7 g or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
<ul> <li>Cookies³ (plain - includes vanilla wafers)</li> <li>Cornbread</li> <li>Corn muffins</li> <li>Croissants</li> <li>Pancakes</li> <li>Pie crust (dessert pies,³ cobbler,³ fruit turnovers,⁴ and meat/meat alternate pies)</li> <li>Waffles</li> </ul>	1 oz eq = 34 g or 1.2 oz 3/4 oz eq = 26 g or 0.9 oz 1/2 oz eq = 17 g or 0.6 oz 1/4 oz eq = 9 g or 0.3 oz

<sup>&</sup>lt;sup>1</sup> The following food quantities from Groups A-G, must contain at least 16 grams of whole grain or can be made with 8 grams of whole grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

continued on next page



Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed only as dessert at lunch as specified in \$210.10.

<sup>&</sup>lt;sup>4</sup> Allowed for desserts at lunch as specified in \$210.10, and for breakfasts served under the SBP.

## Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements for School Meal Programs<sup>1, 2</sup> (continued)

GROUP D	OZ EQ FOR GROUP D
<ul> <li>Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (plain)</li> <li>Muffins (all, except corn)</li> <li>Sweet roll<sup>4</sup> (unfrosted)</li> <li>Toaster pastry<sup>4</sup> (unfrosted)</li> </ul>	1 oz eq = 55 g or 2.0 oz 3/4 oz eq = 42 g or 1.5 oz 1/2 oz eq = 28 g or 1.0 oz 1/4 oz eq = 14 g or 0.5 oz
GROUP E	OZ EQ FOR GROUP E
<ul> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)</li> <li>Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>Doughnuts<sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>French toast</li> <li>Sweet rolls<sup>4</sup> (frosted)</li> <li>Toaster pastry<sup>4</sup> (frosted)</li> </ul>	1 oz eq = 69 g or 2.4 oz 3/4 oz eq = 52 g or 1.8 oz 1/2 oz eq = 35 g or 1.2 oz 1/4 oz eq = 18 g or 0.6 oz
GROUP F	OZ EQ FOR GROUP F
Cake³ (plain, unfrosted)     Coffee cake⁴	1 oz eq = 82 g or 2.9 oz 3/4 oz eq = 62 g or 2.2 oz 1/2 oz eq = 41 g or 1.5 oz 1/4 oz eq = 21 g or 0.7 oz
GROUP G	OZ EQ FOR GROUP G
<ul> <li>Brownies³ (plain)</li> <li>Cake³ (all varieties, frosted)</li> </ul>	1 oz eq = 125 g or 4.4 oz 3/4 oz eq = 94 g or 3.3 oz 1/2 oz eq = 63 g or 2.2 oz 1/4 oz eq = 32 g or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
<ul> <li>Cereal grains (barley, quinoa, etc)</li> <li>Breakfast cereals (cooked)<sup>5, 6</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> </ul>	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	OZ EQ FOR GROUP I
Ready-to-eat breakfast cereal (cold, dry) 5, 6	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

<sup>&</sup>lt;sup>5</sup> Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the National School Lunch Program; and meals served to children ages 1 through 5 and adult participants in the Child and Adult Care Food Program. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>&</sup>lt;sup>6</sup> Cereals must be whole grain, or whole grain and enriched or fortified cereal.

