

Servings for Grains/Breads for Grades K-12 in the Afterschool Snack Program

The chart below shows the required servings for the grains/breads component of the U.S. Department of Agriculture’s (USDA) meal pattern for grades K-12 in the Afterschool Snack Program (ASP) of the National School Lunch Program (NSLP). To credit as the grains/breads component, grain products must be whole grain, enriched, or contain a blend of whole and enriched grains. Bran and germ credit the same as enriched and whole grains only in the ASP meal pattern. For guidance on identifying whole and enriched grains, see the Connecticut State Department of Education’s (CSDE) handouts, *Crediting Whole Grains in the NSLP and SBP* and *Crediting Enriched Grains in the NSLP and SBP*. For information on the ASP meal patterns, visit the CSDE’s [ASP](#) webpage.

This chart applies to creditable commercial grain products. It may also be used for creditable grain foods made on site, if the standardized recipe indicates the weight of the prepared (cooked) serving. For more information, see the CSDE’s handout, *Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP*.

Each grain group includes similar products based on their average grain content. Some grain products are high in sugar, salt and fat, e.g., grain-based desserts (designated with the footnote 1). This should be a consideration when deciding how often to serve them. The USDA recommends not serving grain-based desserts (such as animal crackers, graham crackers, cereal bars, granola bars, cookies, cake, and pastries) more than twice per week.

Group A	Minimum Serving Size for Group A
Bread-type coating Bread sticks, hard Chow mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry (<i>weights apply to bread in stuffing</i>)	1 serving = 20 grams or 0.7 ounce ¾ serving = 15 grams or 0.5 ounce ½ serving = 10 grams or 0.4 ounce ¼ serving = 5 grams or 0.2 ounce
Group B	Minimum Serving Size for Group B
Bagels Batter-type coating Biscuits Breads, e.g., sliced whole wheat, French, Italian Buns, hamburger and hot dog Egg roll skins English muffins Pita bread, whole wheat or whole-grain rich Pizza crust Pretzels, soft Rolls, whole wheat or whole-grain rich Sweet crackers, e.g., graham crackers and animal crackers, all shapes ¹ Tortillas, whole wheat or whole corn Tortilla chips, whole wheat or whole corn Taco shells, whole wheat or whole corn	1 serving = 25 grams or 0.9 ounce ¾ serving = 19 grams or 0.7 ounce ½ serving = 13 grams or 0.5 ounce ¼ serving = 6 grams or 0.2 ounce

Serving for Grains/Breads for Grades K-12 in the ASP

Group C	Minimum Serving Size for Group C
Cookies, plain, including vanilla wafers ¹ Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies ¹ , cobblers ¹ , fruit turnovers ¹ , and meat or meat alternate pies) Waffles	1 serving = 31 grams or 1.1 ounces $\frac{3}{4}$ serving = 23 grams or 0.8 ounce $\frac{1}{2}$ serving = 16 grams or 0.6 ounce $\frac{1}{4}$ serving = 8 grams or 0.3 ounce
Group D	Minimum Serving Size for Group D
Doughnuts, cake and yeast raised, unfrosted ¹ Cereal bars, breakfast bars, granola bars, plain ¹ Muffins, all except corn Sweet rolls, unfrosted ¹ Toaster pastries, unfrosted ¹	1 serving = 50 grams or 1.8 ounces $\frac{3}{4}$ serving = 38 grams or 1.3 ounces $\frac{1}{2}$ serving = 25 grams or 0.9 ounce $\frac{1}{4}$ serving = 13 grams or 0.5 ounce
Group E	Minimum Serving Size for Group E
Cereal bars, breakfast bars, granola bars, with nuts, dried fruit or chocolate pieces ¹ Cookies, with fillings or coverings, nuts, raisins, chocolate pieces or fruit purees ¹ Doughnuts, cake and yeast raised, frosted or glazed ¹ French toast Sweet rolls, frosted ¹ Toaster pastries, frosted ¹	1 serving = 63 grams or 2.2 ounces $\frac{3}{4}$ serving = 47 grams or 1.7 ounces $\frac{1}{2}$ serving = 31 grams or 1.1 ounces $\frac{1}{4}$ serving = 16 grams or 0.6 ounce
Group F	Minimum Serving Size for Group F
Cake, plain, unfrosted ¹ Coffee cake ¹	1 serving = 75 grams or 2.7 ounces $\frac{3}{4}$ serving = 56 grams or 2.0 ounces $\frac{1}{2}$ serving = 38 grams or 1.3 ounces $\frac{1}{4}$ serving = 19 grams or 0.7 ounce
Group G	Minimum Serving Size for Group G
Brownies, plain ¹ Cake, all varieties, frosted ¹	1 serving = 115 grams or 4 ounces $\frac{3}{4}$ serving = 86 grams or 3 ounces $\frac{1}{2}$ serving = 58 grams or 2 ounces $\frac{1}{4}$ serving = 29 grams or 1 ounce
Group H	Minimum Serving Size for Group H
Barley Breakfast cereals, cooked ² Bulgur or cracked wheat Cereal grains, e.g., amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat Macaroni, all shapes Noodles, all varieties Pasta, all shapes Ravioli, noodle only Rice, brown or enriched white	1 serving = $\frac{1}{2}$ cup cooked (or 25 grams dry) $\frac{1}{2}$ serving = $\frac{1}{4}$ cup cooked (or 13 grams dry)

Serving for Grains/Breads for Grades K-12 in the ASP

Group I	Minimum Serving Size for Group I
Ready-to-eat breakfast cereals (cold dry) ^{2,3}	<p>1 serving = $\frac{3}{4}$ cup or 1 ounce, whichever is less</p> <p>$\frac{1}{2}$ serving = $\frac{1}{3}$ cup or $\frac{1}{2}$ ounce, whichever is less</p> <p>$\frac{1}{3}$ serving = $\frac{1}{4}$ cup or $\frac{1}{3}$ ounce, whichever is less</p>
<p>¹ Grain-based desserts are often high in sugar, salt, and fat; and should be limited in ASP menus. The USDA recommends not serving grain-based desserts more than twice per week.</p> <p>² Breakfast cereals may be served in meals other than breakfast.</p> <p>³ RTE breakfast cereals must be whole grain-rich, enriched, or fortified. For more information, see the CSDE's handout, <i>Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP</i>.</p>	

Resources

Afterschool Snack Program (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program>

Afterschool Snack Program Handbook (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPHandbook.pdf>

Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE):

<http://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPmealpatternK12.pdf>

Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/GrainCalcASP.pdf>

Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonGrainCrediting.pdf>

Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditCereals.pdf>

Crediting Enriched Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditEnrichedGrains.pdf>

Crediting Whole Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditWholeGrains.pdf>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Product Formulation Statement for Grains: Servings (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Documenting_Grains_Breads_Servings.pdf

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

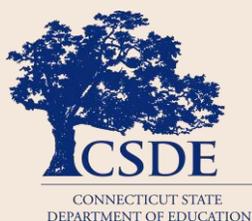
Serving for Grains/Breads for Grades K-12 in the ASP

Sample Completed Product Formulation Statement for Grains: Servings (USDA):

http://https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Samples_Grains_Breads_Servings.pdf

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>



For more information, review the CSDE's [ASP Handbook](#) and visit the CSDE's [ASP](#) webpage or contact the [school nutrition programs staff](#) in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPgrainsbreadsK12.pdf>.

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