

Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs

The U.S. Department of Agriculture (USDA) has different crediting requirements for the grains component in the meal patterns for preschoolers (ages 1-4) and grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO) of the NSLP, and Afterschool Snack Program (ASP) of the NSLP. The requirements for preschoolers are defined by the USDA regulations below, which update the meal patterns for preschoolers in the NSLP, SBP, SSO, and ASP.

- Final Rule (81 FR 24347): *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (April 25, 2016): <https://www.federalregister.gov/documents/2016/04/25/2016-09412/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>
- Final Rule Correction (81 FR 75671): *CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (November 1, 2016): <https://www.federalregister.gov/documents/2016/11/01/2016-26339/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>
- Final Rule (84 FR 50287): *Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program* (September 25, 2019): <https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program>

This document summarizes each program's requirements for the grains component and provides applicable resources. School food authorities (SFAs) must ensure that all foods served as the grain component meet the specific meal pattern requirements for each program. For more information, review the Connecticut State Department of Education's (CSDE) guides, *Menu Planning Guide for School Meals for Grades K-12*, *Menu Planning Guide for Preschoolers in the National School Lunch Program (NSLP)*, *School Breakfast Program (SBP)*, and *Afterschool Snack Program (ASP)*, and *Afterschool Snack Program Handbook*. For a comparison of the meal pattern requirements for preschoolers and grades K-12 in the NSLP, SBP, SSO, and ASP, see the CSDE's handout, *Comparison of Meal Pattern Requirements for Preschool and Grades K-12 in the School Nutrition Programs*.



Note: This information is subject to change as the USDA continues to issue policy guidance on the preschool meal patterns. The CSDE will notify NSLP and SBP sponsors when new guidance is available.

Comparison of Requirements for the Grains Component in the School Nutrition Programs

Serving the Same Grain Foods to Preschoolers and Grades K-12

SFAs must consider the different meal pattern requirements for preschoolers and grades K-12 when making menu planning and purchasing decisions for grain foods. When SFAs serve the same grain foods to preschoolers and grades K-12, these foods must comply with whichever meal pattern requirements are stricter. The examples below illustrate this requirement.

- The meal patterns for grades K-12 have stricter WGR criteria than the meal patterns for preschoolers. Therefore, grain foods (excluding grain-based desserts) served to both groups must comply with the WGR criteria for grades K-12. **Note:** Grain-based desserts do not credit in the preschool meal patterns and cannot be served to preschoolers. For more information, see “Grain-based desserts” on page 13.
- The preschool meal patterns require a sugar limit for yogurt and breakfast cereals but the meal patterns for grades K-12 do not. Therefore, yogurt and breakfast cereals served to both groups must comply with the preschool sugar limits. For more information, see “Sugar Limit for Breakfast Cereals” on page 19.

The only exceptions to these requirements are when SFAs choose to follow the K-5 meal pattern for preschoolers and grades K-5 who eat in the same service area at the same time; or the ASP K-12 meal pattern for preschoolers and grades K-12 who eat in the same service area at the same time.

Preschoolers and Grades K-5 Eating Together in the NSLP, SBP, and SSO

SFAs that serve meals to preschoolers and grades K-5 in the same service area at the same time may choose to follow the grade-appropriate meal patterns for each grade group (i.e., use the preschool meal patterns for ages 1-4 and the K-5 meal pattern for grades K-5) or serve the K-5 meal pattern to both grade groups. SFAs must follow the preschool meal pattern when meals are served to preschoolers in a different area or at a different time than K-5 students. The USDA allows the option to serve the K-5 meal pattern to preschoolers only when preschoolers are co-mingled with K-5 students during the meal service. For more information, see [USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers](#).

Preschoolers and Grades K-12 Eating Together in the ASP

SFAs that serve ASP snacks to preschoolers and grades K-12 in the same service area at the same time may choose to follow the grade-appropriate ASP meal patterns for each grade group (i.e., use the preschool ASP meal pattern for ages 1-4 and the K-12 ASP meal pattern for grades K-12) or serve the K-12 ASP meal pattern to both grade groups. SFAs must follow the preschool ASP meal pattern when ASP snacks are served to preschoolers in a different area or at a different time than K-12 students. The USDA allows the option to serve the K-12 ASP meal pattern to preschoolers only when preschoolers are co-mingled with K-12 students during the ASP snack service. The USDA strongly encourages schools to find ways to serve grade-appropriate meals to preschoolers and grades K-12 to best address their nutritional needs.

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USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO			
Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
Name of component	<ul style="list-style-type: none"> • Grains 	<ul style="list-style-type: none"> • Grains/Breads: The ASP meal pattern for grades K-12 refers to the grains/breads component instead of the grains component because the USDA’s final rule (77 FR 4087), <i>Nutrition Standards for the National School Lunch and School Breakfast Programs</i>, does not change the ASP meal pattern requirements for grades K-12. 	<ul style="list-style-type: none"> • Grains

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Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
Creditable grains	<ul style="list-style-type: none"> Creditable grains are whole and enriched grains. Corn ingredients credit if they are whole grain, enriched, or treated with lime (nixtamalized). Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients and provides a nutritional profile similar to whole-grain corn. Ingredients labeled as hominy, corn masa, or masa harina are nixtamalized, and therefore credit as whole grains. However, cornmeal and corn flour do not credit unless they are whole grain, enriched, or nixtamalized. If the product’s ingredients statement does not provide sufficient information, SFAs must obtain a PFS from the manufacturer to document that cornmeal and corn flour ingredients meet one of these requirements. If not, these ingredients count toward the limit for noncreditable grains under the WGR criteria (see “WGR Criteria” on page 10). 	<ul style="list-style-type: none"> Creditable grains are whole grains, enriched grains, bran, and germ. Corn ingredients credit if they are whole grain, enriched, or treated with lime (nixtamalized). Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients and provides a nutritional profile similar to whole-grain corn. Ingredients labeled as hominy, corn masa, or masa harina are nixtamalized, and therefore credit as whole grains. However, cornmeal and corn flour do not credit unless they are whole grain, enriched, or nixtamalized. If the product’s ingredients statement does not provide sufficient information, SFAs must obtain a PFS from the manufacturer to document that cornmeal and corn flour ingredients meet one of these requirements. 	<ul style="list-style-type: none"> Creditable grains are whole grains, enriched grains, bran, and germ. Corn ingredients credit if they are whole grain, enriched, or treated with lime (nixtamalized). Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients and provides a nutritional profile similar to whole-grain corn. Ingredients labeled as hominy, corn masa, or masa harina are nixtamalized, and therefore credit as whole grains. However, cornmeal and corn flour do not credit unless they are whole grain, enriched, or nixtamalized. If the product’s ingredients statement does not provide sufficient information, SFAs must obtain a PFS from the manufacturer to document that cornmeal and corn flour ingredients meet one of these requirements.

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USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

Requirement	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
Creditable grains, <i>continued</i>	<ul style="list-style-type: none"> • Bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) and germ (such as wheat germ) do not credit as the grains component. <ul style="list-style-type: none"> ○ SFAs must count bran and germ with all other noncreditable grains (such as fiber, bran, germ, and modified food starch, including potato, legume, and other vegetable flours) toward the limit for noncreditable grains required by the USDA’s whole grain-rich (WGR) criteria for school meals (see “WGR Criteria” on page 10). ○ The total weight of all noncreditable grains in one serving of a WGR grain product cannot exceed 3.99 grams for groups A-G (baked goods) or 6.99 grams for group H (cereal grains) and group I (RTE breakfast cereals). <p>Resources Crediting Enriched Grains in the NSLP and SBP (CSDE) Crediting Whole Grains in the NSLP and SBP (CSDE) Product Formulation Statement for Grains: Ounce Equivalents (USDA) Sample Product Formulation Statement for Grains: Ounce Equivalents (USDA) USDA Memo SP 10-2012 (v9): Q&As on Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs” 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 Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP (CSDE)</p>	<p>Resources Afterschool Snack Program Handbook (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE) Crediting Whole Grains in the NSLP and SBP (CSDE) Product Formulation Statement for Grains: Servings (USDA) Sample Completed Product Formulation Statement for Grains: Servings (USDA) 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</p>	<p>Resources Child Care Worksheet 1: Crediting Commercial Grains in the CACFP (CSDE) Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE) Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE) Crediting Whole Grains in the NSLP and SBP (CSDE) How to Identify Creditable Grains for Preschoolers in the NSLP, SBP, and ASP (CSDE) Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA) Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA) Sample Completed Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA) Sample Completed Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers 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</p>

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USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

Criteria	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
Serving size	<ul style="list-style-type: none"> The meal pattern lists the grains component in ounce equivalents. An ounce equivalent is the amount of food that meets the USDA’s requirement for 1 ounce of the grains component in the NSLP and the SBP meal patterns. SFAs have two options for calculating the ounce equivalents for creditable commercial products and foods made on site. Method 1 uses the weight (groups A-G) or volume (groups H-I) for the appropriate grain group in the USDA’s ounce equivalents chart. Method 2 calculates the total weight (grams) of creditable grains (whole and enriched) per serving. <p>Method 1: The USDA’s ounce equivalents chart provides minimum weights (groups A-G) and volumes (groups H-I) for nine groups of grain foods, based on the average grain content of similar products (see the CSDE’s handout, <i>Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP</i>). The amount of a grain food that provides 1 ounce equivalent varies because different types of foods contain different amounts of creditable grains.</p>	<ul style="list-style-type: none"> The meal pattern lists the grains component in servings. SFAs have two options for calculating the grain servings for creditable commercial products and foods made on site. Method 1 uses the weight (groups A-G) or volume (groups H-I) for the appropriate grain group in the USDA’s grains/breads serving chart. Method 2 calculates the total weight (grams) of creditable grains (whole and enriched) per serving. <p>Method 1: The USDA’s grains/breads serving chart provides minimum weights (groups A-G) and volumes (groups H-I) for nine groups of grain foods, based on the average grain content of similar products (see the CSDE’s handout, <i>Servings for Grains/Breads for Grades K-12 in the ASP</i>). The amount of a grain food that provides one serving varies because different types of foods contain different amounts of creditable grains.</p>	<ul style="list-style-type: none"> The meal pattern lists the grains component in servings through September 30, 2021 (preschool amount is ½ serving), and changes to ounce equivalents effective October 1, 2021 (preschool amount is ½ ounce equivalent). SFAs have two options for calculating the ounce equivalents for creditable commercial products and foods made on site. Method 1 uses the weight (groups A-G) or volume (groups H-I) for the appropriate grain group in the USDA’s ounce equivalents chart. Method 2 calculates the total weight (grams) of creditable grains (whole and enriched) per serving. <p>Method 1: The USDA’s serving size and ounce equivalents charts provide minimum weights (groups A-E) and volumes (groups H-I) for nine groups of grain foods, based on the average grain content of similar products (see the CSDE’s handouts, <i>Grain Servings for Preschoolers in the NSLP, SBP, and ASP</i> and <i>Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP</i>). Note: Groups F and G do not have minimum amounts because grain-based desserts do not credit in the preschool meal patterns.</p>

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

Comparison of Requirements for the Grains Component in the School Nutrition Programs

Criteria	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
Serving size, <i>continued</i>	<p>Method 2: SFAs determine the ounce equivalents for creditable grain products and recipes by calculating the total weight (grams) of creditable grains (whole and enriched) per manufacturer’s serving or recipe serving. A food in groups A-G of the USDA’s ounce equivalents chart must contain 16 grams of creditable grains to credit as 1 ounce equivalent, and at least 8 grams of whole grains per ounce equivalent to be WGR. A food in groups H of the USDA’s ounce equivalents chart must contain 28 grams of creditable grains to credit as 1 ounce equivalent, and at least 14 grams of whole grains per ounce equivalent to be WGR.</p> <p>Note: There are six situations when SFAs must use method 2. For information on these requirements and more information on both methods, see the CSDE’s handout, <i>Calculation Methods for Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP</i>.</p> <ul style="list-style-type: none"> • Weekly Grain Servings: The meal pattern requires minimum weekly servings of the grains component for each age group at breakfast and lunch (see “Weekly Ranges for Grains” on page 9). 	<p>Method 2: SFAs determine the grain servings for creditable grain products and recipes by calculating the total weight (grams) of creditable grains (whole and enriched) per manufacturer’s serving or recipe serving. A food in groups A-G of the USDA’s grains/breads serving chart must contain 14.75 grams of creditable grains to credit as one serving. A food in groups H of the USDA’s ounce equivalents chart must contain 25 grams of creditable grains to credit as one serving.</p> <p>Note: There are five situations when SFAs must use method 2. For information on these requirements and more information on both methods, see the CSDE’s handout, <i>Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP</i>.</p> <ul style="list-style-type: none"> • SFAs may choose to use the ounce equivalents in <i>Grain Ounce Equivalents for School Nutrition Programs</i>, instead of serving sizes. This provides consistency with NSLP and SBP meals and more nutrient-dense choices for children. 	<p>Method 2: SFAs determine the ounce equivalents for creditable grain products and recipes by calculating the total weight (grams) of creditable grains (whole and enriched) per manufacturer’s serving or recipe serving.</p> <ul style="list-style-type: none"> ○ Through September 30, 2021, a food in groups A-G of the USDA’s grain servings chart must contain 14.75 grams of creditable grains to credit as one serving. A food in groups H of the USDA’s ounce equivalents chart must contain 28 grams of creditable grains to credit as one serving. The required preschool amount is ½ serving. ○ Effective October 1, 2021, a food in groups A-G of the USDA’s ounce equivalents chart must contain 16 grams of creditable grains to credit as 1 ounce equivalent. A food in groups H of the USDA’s ounce equivalents chart must contain 28 grams of creditable grains to credit as 1 ounce equivalent. The required preschool amount is ½ ounce equivalent. <p>Note: There are five situations when SFAs must use method 2. For information on these requirements and more information on both methods, see the CSDE’s handout, <i>Calculation Methods for Grain Servings for Preschoolers in the NSLP, SBP, and ASP</i>.</p>

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USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO			
Criteria	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
Serving size, <i>continued</i>	Resources Calculation Methods for Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP (CSDE) Grain Ounce Equivalents for Grades K-12 in School Nutrition Programs (CSDE) Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage) Product Formulation Statement for Grains: Ounce Equivalents (USDA) Sample Product Formulation Statement for Grains: Ounce Equivalents (USDA) USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA)	Resources Afterschool Snack Program Handbook (CSDE) ASP Meal Pattern for Grades K-12 (CSDE) Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP (CSDE) Grain Ounce Equivalents for Grades K-12 in School Nutrition Programs (CSDE) Product Formulation Statement for Grains: Servings (USDA) Sample Completed Product Formulation Statement for Grains: Servings (USDA) Servings for Grains/Breads for Grades K-12 in the ASP (CSDE)	Resources Calculation Methods for Grain Servings for Preschoolers in the NSLP, SBP, and ASP (CSDE) Child Care Worksheet 1: Crediting Commercial Grains in the CACFP (CSDE) Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE) Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP (CSDE) Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP (effective October 1, 2021)(CSDE) Grain Servings for Preschoolers in the NSLP, SBP, and ASP (through September 30, 2021) (CSDE) Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA) Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA) Sample Completed Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA) Sample Completed Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA) USDA Final Rule (84 FR 50287): Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program

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USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO			
Criteria	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
Weekly ranges for grains	<ul style="list-style-type: none"> • The meal patterns for breakfast and lunch have weekly ranges for the grains component. Menus are not required to comply with the maximums but must meet the minimums and stay within the weekly calorie range for each age group. The weekly maximum provides a guide for planning age-appropriate meals that meet the dietary specifications for calories, saturated fat, and sodium. For information on the dietary specifications, see the meal patterns for grades K-12 (available on the CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage) and section 6 of the CSDE's Menu Planning Guide for School Meals for Grades K-12. <p>Breakfast</p> <ul style="list-style-type: none"> ○ Five-day Breakfast for Grades K-5: 7-10 servings per week ○ Five-day Breakfast for Grades 6-8: 8-10 servings per week ○ Five-day Breakfast for Grades 9-12: 9-10 servings per week ○ Seven-day Breakfast for Grades K-5: 10-14 servings per week ○ Seven-day Breakfast for Grades 6-8: 11-14 servings per week ○ Seven-day Breakfast for Grades 9-12: 12.5-14 servings per week <p>Lunch</p> <ul style="list-style-type: none"> ○ Five-day Lunch for Grades K-5: 8-9 servings per week ○ Five-day Lunch for Grades 6-8: 8-10 servings per week ○ Five-day Lunch for Grades 9-12: 10-12 servings per week ○ Seven-day Lunch for Grades K-5: 11-12.5 servings per week ○ Seven-day Lunch for Grades 6-8: 11-14 servings per week ○ Seven-day Lunch for Grades 9-12: 14-17 servings per week <p>Resources Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage) Menu Planning Guide for School Meals for Grades K-12 (Grades K-12) (CSDE)</p>	<ul style="list-style-type: none"> • No weekly minimums or maximums for the grains/breads component. <p>Resources ASP Meal Pattern for Grades K-12 (CSDE)</p>	<ul style="list-style-type: none"> • No weekly minimums or maximums for the grains component. <p>Resources ASP Meal Pattern for Preschoolers (Ages 1-4) (CSDE) Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage)</p>

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USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO			
Criteria	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
Whole grain-rich (WGR)	<ul style="list-style-type: none"> • Effective July 1, 2019, the USDA’s final rule, <i>Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements</i>, requires that at least half of the weekly grains offered at lunch and breakfast must be WGR. Grains that are not WGR must be enriched. For information on enriched grains, see the CSDE’s handout, <i>Crediting Enriched Grains in the NSLP and SBP</i>. • WGR foods must contain at least 50 percent whole grains, any remaining grains must be enriched, and any noncreditable grains must be less than 2 percent of the product formula, i.e., no more than 3.99 grams for groups A-G (baked goods) and no more than 6.99 grams for group H (cereal grains) and group I (ready-to-eat breakfast cereals). For more information, see the CSDE’s handout, <i>Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP</i>. • SFAs must maintain documentation on file to indicate that at least half of the grains offered at lunch are WGR and at least half of the grains offered at breakfast are WGR. For more information, see the CSDE’s worksheet, <i>Calculating Weekly Percentage of Whole Grain-rich Menu Items in the NSLP and SBP</i>. 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All grain foods must be whole grain, WGR, or enriched. For more information, see the CSDE’s handouts, <i>Crediting Whole Grains in the NSLP and SBP</i>, <i>Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP</i>, and <i>Crediting Enriched Grains in the NSLP and SBP</i>. • At least one serving per day must be WGR, between all meals and ASP snacks served to preschoolers. The USDA’s <i>CACFP Best Practices</i> recommends at least two servings of WGR grains per day. • If the SFA serves preschoolers a WGR grain at breakfast or lunch, a WGR grain at ASP snack is not required. If the SFA only serves preschool snack, any grains served at snack must be WGR. • A commercial food meets the preschool WGR criteria if a whole grain is listed as the first ingredient (or water is the first ingredient and a whole grain is the second ingredient), and the next two grain ingredients (if any) are whole, enriched, bran, or germ. A food made on site meets the preschool WGR criteria if a whole grain (or the combined weight of all whole grains) is the greatest ingredient by weight in the SFA’s standardized recipe. For more information, see the CSDE’s handout, <i>Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP</i>, and <i>USDA Memo CACFP 01-2018: Grain Requirements in the CACFP: Questions and Answers</i>. • Preschool menus must document when a grain is WGR. • Best practice: Serve only WGR grains and serve 100 percent whole grains most often.

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USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

Criteria	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
Whole grain-rich (WGR), <i>continued</i>	<ul style="list-style-type: none"> Note: The USDA’s WGR definition for the meal patterns for grades K-12 in the NSLP, SBP, and SSO is different from the WGR definition for the preschool meal patterns. Grain foods (excluding grain-based desserts) that meet the WGR criteria for grades K-12 meet the WGR criteria for the preschool meal patterns. However, foods that meet the WGR criteria for the preschool meal patterns may or may not meet the WGR criteria for the NSLP and SBP meal patterns for grades K-12. If SFAs serve the same grain foods to preschoolers and grades K-12, these foods must comply with the WGR criteria for grades K-12. However, breakfast cereals that meet the WGR criteria for grades K-12 must also meet the preschool sugar limit (see “Crediting Breakfast Cereals” on page 15) 		<ul style="list-style-type: none"> Note: The USDA’s WGR definition for preschool meals in the NSLP, SBP, SSO, and ASP is different from the WGR definition for the meal patterns for grades K-12 in the NSLP, SBP, and SSO, because it does not require a specific limit for noncreditable grains. Grain foods (excluding grain-based desserts) that meet the WGR criteria for the preschool meal patterns may or may not meet the WGR criteria for the NSLP and SBP meal patterns for grades K-12. If SFAs serve the same grain foods to preschoolers and grades K-12, these foods must comply with the WGR criteria for grades K-12. However, breakfast cereals that meet the WGR criteria for grades K-12 must also meet the preschool sugar limit (see “Crediting Breakfast Cereals” on page 15)

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USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO			
Criteria	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
Whole grain-rich (WGR), <i>continued</i>	Resources Calculating Weekly Percentage of Whole Grain-rich Menu Items in the NSLP and SBP (Excel Worksheet) (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE) Crediting Whole Grains in the NSLP and SBP (CSDE) CSDE Operational Memorandum No. 11-19: Weekly Whole Grain-rich (WGR) Requirement for the NSLP and SBP Meal Patterns for Grades K-12 Product Formulation Statement for Grains: Ounce Equivalents (USDA) Sample Product Formulation Statement for Grains: Ounce Equivalents (USDA) Tools for Schools: Serving WGR (USDA website) USDA Final Rule (83 FR 63775): Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program 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 Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA) Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP (CSDE)		Resources Adding Whole Grains to Your CACFP Menu (USDA) CACFP Best Practices (USDA) Child Care Worksheet 1: Crediting Commercial Grains in the CACFP (CSDE) Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE) Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE) Crediting Whole Grains in the NSLP and SBP (CSDE) Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA) Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA) Sample Completed Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA) Sample Completed Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers 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 Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP (CSDE)

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

Criteria	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
Grain-based desserts	<ul style="list-style-type: none"> Breakfast: No restrictions. The CSDE recommends that SFAs limit grain-based desserts at breakfast, and serve more nutrient-dense whole grains instead. Grain-based desserts often contain more solid fats and added sugars than traditional grains. To credit at breakfast, grain-based desserts must contain zero trans fats and their inclusion cannot cause the menu to exceed the weekly limits for calories, saturated fat, and sodium. Lunch: SFAs may offer up to 2 ounce equivalents of grain-based desserts per week as part of the grains component at lunch. Grain-based desserts served as an extra menu item at lunch must count toward the minimum daily and weekly servings of the grains component, including the weekly limit of no more than 2 ounce equivalents of grain-based desserts, and must fit within the weekly dietary specifications (nutrition standards) for grades K-12. <p>Note: Grain-based desserts are designated with the footnote 1 (allowed for lunch and breakfast) or 2 (allowed only for breakfast) in the CSDE’s handout, <i>Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP</i>. Examples of grain-based desserts include sweet crackers (graham crackers and animal crackers), brownies, cookies, cakes, cupcakes, coffee cakes, cinnamon streusel quick breads, pie crusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, raisin, and orange cranberry), rice pudding, and sweet bread pudding. Grain-based desserts do not include muffins, quick breads, e.g., banana bread and zucchini bread (except for cinnamon streusel), cornbread, pancakes, waffles, French toast, savory scones (such as cheese and herb), and pie crusts in entrees such as quiche, meat pies, and chicken pot pie.</p>	<ul style="list-style-type: none"> SFAs should not serve sweet snack foods (e.g., grain-based desserts) more than twice per week. <p>Note: Grain-based desserts are designated with the footnote 1 in the CSDE’s handout, <i>Servings for Grains/Breads for Grades K-12 in the ASP</i>. Examples of grain-based desserts include sweet crackers (graham crackers and animal crackers), brownies, cookies, cakes, cupcakes, coffee cakes, cinnamon streusel quick breads, pie crusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, raisin, and orange cranberry), rice pudding, and sweet bread pudding. Grain-based desserts do not include muffins, quick breads, e.g., banana bread and zucchini bread (except for cinnamon streusel), cornbread, pancakes, waffles, French toast, savory scones (such as cheese and herb), and pie crusts in entrees such as quiche, meat pies, and chicken pot pie.</p>	<ul style="list-style-type: none"> Except for sweet crackers such as graham crackers and animal crackers, grain-based desserts cannot credit in preschool meals and snacks. <p>Note: Grain-based desserts are not listed in the CSDE’s handout, <i>Grain Servings for Preschoolers in the NSLP, SBP, and ASP</i>. Examples of grain-based desserts include brownies, cookies, cakes, cupcakes, coffee cakes, cinnamon streusel quick breads, pie crusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, raisin, and orange cranberry), rice pudding, and sweet bread pudding.</p> <p>Sweet crackers (graham crackers and animal crackers) are not grain-based desserts in the preschool meal patterns. However, the USDA encourages preschool menus to limit sweet crackers (graham</p>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

Criteria	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
Grain-based desserts, <i>continued</i>	<p>Resources</p> <p>Grain Ounce Equivalents for Grades K-12 in School Nutrition Programs (CSDE)</p> <p>Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage)</p> <p>USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program</p> <p>USDA Memo SP 10-2012 (v9): Q&As on Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs”</p> <p>WGR Ounce Equivalents for Grades K-12 in School Nutrition Programs (CSDE)</p>	<p>Resources</p> <p>ASP Meal Pattern for Grades K-12 (CSDE)</p> <p>Servings for Grains/Breads for Grades K-12 in the ASP (CSDE)</p>	<p>crackers and animal crackers) because of their higher sugar content. The CSDE recommends not serving sweet crackers more than twice per week, between all meals and ASP snacks served to preschoolers.</p> <p>Resources</p> <p>ASP Meal Pattern for Preschoolers (Ages 1-4) (CSDE)</p> <p>Grain-Based Desserts in the CACFP (USDA)</p> <p>Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage)</p> <p>USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p> <p>USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program</p>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO

Criteria	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
BREAKFAST CEREALS (RTE and cooked, including regular and instant, e.g., oatmeal)			
Crediting breakfast cereals	<ul style="list-style-type: none"> • Breakfast cereals include ready-to-eat (RTE) cereals and cooked cereals (regular and instant), such as oatmeal. Through June 30, 2019, all breakfast cereals must be WGR. <ul style="list-style-type: none"> ○ RTE breakfast cereals (group I) meet the WGR criteria for grades K-12 if the first ingredient is a whole grain and the cereal is fortified. The limit for noncreditable grains does not apply to fortified RTE breakfast cereals that contain a whole grain as the first ingredient. ○ Cooked cereals (group H) meet the WGR criteria for grades K-12 if the first ingredient is a whole grain (or water is the first ingredient and a whole grain is the second ingredient), and other grain ingredients are enriched; and the combined weight of any noncreditable grains does not exceed 6.99 grams. Examples of cereal grains in group H include amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat. • Effective July 1, 2019, the USDA’s final rule, <i>Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements</i>, requires that at least half of the weekly grains must be WGR. Breakfast cereals that are not WGR must be enriched or fortified. 	<ul style="list-style-type: none"> • All breakfast cereals must be whole grain, enriched, or fortified; but are not required to be WGR. 	<ul style="list-style-type: none"> • All breakfast cereals must be whole grain, enriched, or fortified; but are not required to be WGR. SFAs may serve WGR breakfast cereals to meet the daily WGR requirement (see “Whole grain-Rich (WGR)” on page 10). <ul style="list-style-type: none"> ○ RTE breakfast cereals meet the preschool WGR criteria if the first ingredient is a whole grain and the cereal is fortified. ○ Cooked cereals (regular and instant) meet the preschool WGR criteria if the first ingredient is a whole grain (or water is the first ingredient and a whole grain is the second ingredient), and the next two grain ingredients (if any) are whole, enriched, bran, or germ. • Note: The USDA’s WGR definition for the NSLP and SBP meal patterns for grades K-12 is different from the WGR definition for the preschool meal patterns. Cooked breakfast cereals that meet the WGR criteria for grades K-12 meet the WGR criteria for the preschool meal patterns. However, cooked breakfast cereals that meet the WGR criteria for the preschool meal patterns <i>may or may not</i> meet the WGR criteria for grades K-12. If SFAs serve the same cooked cereals to preschoolers and grades K-12, these foods must comply with the WGR criteria for grades K-12.

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO			
Criteria	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
BREAKFAST CEREALS (RTE and cooked, including regular and instant, e.g., oatmeal), continued			
Crediting breakfast cereals, continued	<ul style="list-style-type: none"> Note: The USDA’s WGR definition for the preschool meal patterns is different from the WGR definition for the NSLP and SBP meal patterns for grades K-12, because it does not require a specific limit for noncreditable grains. Cooked breakfast cereals that meet the WGR criteria for the preschool meal patterns may or may not meet the WGR criteria for grades K-12. If SFAs serve the same cooked breakfast cereals to preschoolers and grades K-12, these foods must comply with the WGR criteria for grades K-12. <p>Resources Crediting Breakfast Cereals for Grades K-12 in the NSLP (CSDE) USDA Final Rule (83 FR 63775): Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements USDA Memo SP 10-2012 (v9): Q&As on Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs” Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP (CSDE)</p>	<p>Resources ASP Meal Pattern for Grades K-12 (CSDE)</p>	<p>Resources Calculating Sugar Limits for Breakfast Cereals in the CACFP (USDA) Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE) Choose Breakfast Cereals That Are Lower in Added Sugars (USDA) Crediting Breakfast Cereals for Preschoolers in the NSLP, SBP, and ASP (CSDE) Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP (effective October 1, 2021)(CSDE) Grain Servings for Preschoolers in the NSLP, SBP, and ASP (through September 30, 2021) (CSDE) How to Identify Creditable Grains for Preschoolers in the NSLP, SBP, and ASP (CSDE) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO			
Criteria	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
BREAKFAST CEREALS (RTE and cooked, including regular and instant, e.g., oatmeal), continued			
Serving size for breakfast cereals	<ul style="list-style-type: none"> • Serving sizes are based on the ounce equivalents for groups H-I in the USDA’s ounce equivalents chart for grains (see the CSDE’s handout, <i>Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP</i>). ○ RTE Breakfast Cereals: 1 ounce equivalent equals 1 cup of flaked or round cereal, 1 ¼ cup of puffed cereal, and ¼ cup of granola. ○ Cooked Breakfast Cereals: 1 ounce equivalent equals ½ cup cooked or 28 grams dry. 	<ul style="list-style-type: none"> • Serving sizes are based on the volume and weight for groups H-I in the USDA’s serving size chart for grains/breads (see the CSDE’s handout, <i>Servings for Grains/Breads for Grades K-12 in the ASP</i>). ○ RTE Breakfast Cereals (Group I): 1 serving equals ¾ cup or 1 ounce, whichever is less. ○ Cooked Breakfast Cereals (Group H): 1 serving equals ½ cup cooked or 25 grams dry. 	<ul style="list-style-type: none"> • Through September 30, 2021: Serving sizes are based on the USDA’s serving size chart for grains (see the CSDE’s handout, <i>Grain Servings for Preschoolers in the NSLP, SBP, and ASP</i>). <ul style="list-style-type: none"> ○ RTE breakfast cereals (group I): ¼ cup or ⅓ ounce for ages 1-2 (whichever is less) and ⅓ cup or ½ ounce for ages 3-4 (whichever is less). ○ Cooked breakfast cereals (group H): ½ serving for ages 1-4, which equals ¼ cup cooked or 13 grams dry. • Effective October 1, 2021: Serving sizes are based on the ounce equivalents for groups H-I in the USDA’s ounce equivalents chart for grains (see the CSDE’s handout, <i>Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP</i>). The preschool meal patterns require ½ ounce equivalent for ages 1-4. <ul style="list-style-type: none"> ○ RTE breakfast cereals: ½ ounce equivalent equals ½ cup of flaked or round cereal, ¾ cup of puffed cereal, and ⅛ cup of granola. ○ Cooked breakfast cereals: ½ ounce equivalent equals ¼ cup cooked or 14 grams dry.

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO			
Criteria	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
BREAKFAST CEREALS (RTE and cooked, including regular and instant, e.g., oatmeal), continued			
Serving size for breakfast cereals, <i>continued</i>	Resources Crediting Breakfast Cereals for Grades K-12 in the NSLP (CSDE) Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP (CSDE) Meal Patterns for School Nutrition Programs (CSDE webpage) USDA Memo SP 10-2012 (v9): Q&As on Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs”	Resources ASP Meal Pattern for Grades K-12 (CSDE) Servings for Grains/Breads for Grades K-12 in the ASP (CSDE)	Resources Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE) Choose Breakfast Cereals that are Lower in Added Sugars (USDA) Crediting Breakfast Cereals for Preschoolers in the NSLP, SBP, and ASP (CSDE) Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP (effective October 1,2021)(CSDE) Grain Servings for Preschoolers in the NSLP, SBP, and ASP (through September 30, 2021) (CSDE) USDA Final Rule (84 FR 50287): Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO			
Criteria	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
BREAKFAST CEREALS (RTE and cooked, including regular and instant, e.g., oatmeal), continued			
Sugar limit for breakfast cereals	<ul style="list-style-type: none"> No sugar limit. However, if SFAs serve the same breakfast cereals to preschoolers and grades K-12, the breakfast cereals must comply with the preschool limit for sugars. The exception is when SFAs choose to follow the K-5 meal pattern for preschoolers and grades K-5 who eat in the same service area at the same time (see “Preschoolers and Grades K-5 Eating Together in the NSLP, SBP, and SSO” on page 2). <p>Resources Crediting Breakfast Cereals for Grades K-12 in the NSLP (CSDE) Meal Patterns for School Nutrition Programs (Grades K-12) (CSDE webpage) USDA Memo SP 10-2012 (v9): Q&As on Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs”</p>	<ul style="list-style-type: none"> No sugar limit. However, if SFAs serve the same breakfast cereals to preschoolers and grades K-12 in the ASP, the breakfast cereals must comply with the preschool limit for sugars. The exception is when SFAs choose to follow the K-12 ASP meal pattern for preschoolers and grades K-12 who eat in the same service area at the same time (see “Preschoolers and Grades K-5 Eating Together in the ASP” on page 2). <p>Resources ASP Meal Pattern for Grades K-12 (CSDE) Crediting Breakfast Cereals for Grades K-12 in the NSLP (CSDE)</p>	<ul style="list-style-type: none"> Sugar Limit: Breakfast cereals (RTE and cooked) cannot contain more than 6 grams of sugar per dry ounce (≤ 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). <p>Resources ASP Meal Pattern for Preschoolers (Ages 1-4) (CSDE) Calculating Sugar Limits for Breakfast Cereals in the CACFP (USDA) Choose Breakfast Cereals That Are Lower in Added Sugars (USDA) Crediting Breakfast Cereals for Preschoolers in the NSLP, SBP, and ASP (CSDE) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

USDA Requirements for the Grains Component in the Meal Patterns for the NSLP, SBP, ASP, and SSO			
Criteria	Grades K-12		Preschoolers (Ages 1-4)
	NSLP, SBP, and SSO	ASP	NSLP, SBP, SSO, and ASP
<p>Products containing only enriched grains (i.e., no whole grains), e.g., enriched white bread, enriched crackers, enriched white rice, enriched cream of wheat cereal, and enriched corn grits</p>	<ul style="list-style-type: none"> • Effective July 1, 2019, the USDA’s final rule, <i>Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements</i>, allows enriched grains but requires that at least half of the weekly grains offered in the NSLP and SBP must be WGR. <p>Resources</p> <p>Crediting Enriched Grains in the NSLP and SBP (CSDE)</p> <p>Product Formulation Statement for Grains: Ounce Equivalents (USDA)</p> <p>Sample Completed Product Formulation Statement for Grains: Ounce Equivalents (USDA)</p> <p>USDA Memo SP 10-2012 (v9): Q&As on Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs”</p> <p>Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP (CSDE)</p>	<ul style="list-style-type: none"> • Products that contain only enriched grains (no whole grains) credit as the grains/breads component. <p>Resources</p> <p>7 CFR 210.10 (o)(2)(iv): Meal requirements for lunches and requirements for afterschool snacks ASP Meal Pattern for Grades K-12 (CSDE)</p> <p>Crediting Enriched Grains in the NSLP and SBP (CSDE)</p> <p>Product Formulation Statement for Grains: Servings (USDA)</p> <p>Sample Completed Product Formulation Statement for Grains: Servings (USDA)</p>	<ul style="list-style-type: none"> • Products that contain only enriched grains (no whole grains) credit as the grains component if the SFA offers at least one WGR food per day, between all meals and ASP snacks served to preschoolers. <p>Resources</p> <p>ASP Meal Pattern for Preschoolers (Ages 1-4) (CSDE)</p> <p>Crediting Enriched Grains in the NSLP and SBP (CSDE)</p> <p>Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA)</p> <p>Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA)</p> <p>Sample Completed Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA)</p> <p>Sample Completed Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA)</p> <p>Sample Completed Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA)</p> <p>USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p> <p>Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP (CSDE)</p>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

Regulations and Policy

CSDE Operational Memorandum No. 11-19: Weekly Whole Grain-rich (WGR) Requirement for the National School Lunch Program (NSLP) and School Breakfast Program (SBP) Meal Patterns for Grades K-12:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2019/OM11-19.pdf>

How Do They Compare? Child Nutrition Programs' Meal Pattern Requirements (USDA):

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

National School Lunch Program Regulations (7 CFR 210):

<https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program>

Nutrition Standards in the National School Lunch and School Breakfast Programs (77 FR 4088):

<https://www.fns.usda.gov/school-meals/fr-012612>

School Breakfast Program Regulations (7 CFR 220):

<https://www.fns.usda.gov/part-220%E2%80%94school-breakfast-program>

School Meals Legislation and Regulations (USDA):

<https://www.fns.usda.gov/school-meals/program-legislation-regulations>

USDA Final Rule (81 FR 24347): CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010

<https://www.federalregister.gov/documents/2018/12/12/2018-26762/child-nutrition-programs-flexibilities-for-milk-whole-grains-and-sodium-requirements>

USDA Final Rule Corrections (81 FR 75671): Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act

of 2010: <https://www.federalregister.gov/documents/2016/11/01/2016-26339/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>

USDA Final Rule (83 FR 63775): Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements:

<https://www.govinfo.gov/content/pkg/FR-2018-12-12/pdf/2018-26762.pdf>

USDA Final Rule (84 FR 50287): Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program:

<https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program>

USDA Memo CACFP 08-2017: Questions and Answers on the Updated Meal Pattern Requirements for the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/questions-and-answers-updated-meal-pattern-requirements-child-and-adult-care-food-program>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

Regulations and Policy, continued

USDA Memo CACFP 09-2018: Grain Requirements in the CACFP: Questions and Answers

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program:

<https://www.fns.usda.gov/school-meals/grain-requirements-national-school-lunch-program-and-school-breakfast-program>

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>

USDA Memo SP 10-2012 (v9): Q&As on Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs”:

<https://www.fns.usda.gov/qas-final-rule-nutrition-standards-national-school-lunch-and-school-breakfast-programs>

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

Websites and 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>

Laws and Regulations for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Laws-and-Regulations-for-Child-Nutrition-Programs>

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs>

Meal Patterns for School Nutrition Programs (Grades K-12) (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

Comparison of Requirements for the Grains Component in the School Nutrition Programs

Websites and Resources, continued

Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/mpgpreschool.pdf>

Menu Planning Guide for School Meals for Grades K-12 (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

Nutrition Standards for CACFP Meals and Snacks (USDA webpage):

<https://www.fns.usda.gov/cacfp/meals-and-snacks>

Operational Memoranda for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Lists/Operational-Memoranda-for-School-Nutrition-Programs>

Policy Memos for Child Nutrition Programs (USDA webpage):

<https://www.fns.usda.gov/resources>

Product Formulation Statement for Grains: Ounce Equivalents (USDA):

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

Program Guidance for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs>

Sample Completed Product Formulation Statement for Grains: Ounce Equivalents (USDA):

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

Special Diets in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs>

Comparison of Requirements for the Grains Component in the School Nutrition Programs



For more information, visit the Connecticut State Department of Education's (CSDE) [Crediting Foods in School Nutrition Programs](#) and [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpages, or contact the [school nutrition programs staff](#) in the CSDE's 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/NSLP/Crediting/ComparisonGrainCrediting.pdf>.

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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;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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