

Serving Sizes for Grains/Breads in the Summer Food Service Program

These serving sizes apply to meals and snacks served in the U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSP). For information on the SFSP meal patterns, see the Connecticut State Department of Education's (CSDE) handout, [SFSP Meal Patterns](#).

Group A	Minimum Serving Size for Group A ¹
Bread type coating Bread sticks, hard Chow mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry (Note: weights apply to bread in stuffing)	1 serving = 20 grams or 0.7 ounce $\frac{3}{4}$ serving = 15 grams or 0.5 ounce $\frac{1}{2}$ serving = 10 grams or 0.4 ounce $\frac{1}{4}$ serving = 5 grams or 0.2 ounce
Group B	Minimum Serving Size for Group B ^{1,2}
Bagels Batter-type coating Biscuits Breads, e.g., white, wheat, whole wheat, French, Italian Buns, hamburger and hot dog Crackers, sweet ⁴ , e.g., graham crackers and animal crackers Egg roll skins English muffins Pita bread, e.g., white, wheat, whole wheat Pizza crust Pretzels, soft Rolls, e.g., white, wheat, whole wheat Tortillas, wheat or corn Tortilla chips, wheat or corn Taco shells, whole wheat or whole corn	1 serving = 25 grams or 0.9 ounce $\frac{3}{4}$ serving = 19 grams or 0.7 ounce $\frac{1}{2}$ serving = 13 grams or 0.5 ounce $\frac{1}{4}$ serving = 6 grams or 0.2 ounce
Group C	Minimum Serving Size for Group C ^{1,2}
Cookies, plain ³ , including vanilla wafers Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies ³ , fruit turnovers ⁴ , 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 ^{1,2}
Cereal bars, breakfast bars, granola bars, plain ⁴ Doughnuts, cake and yeast raised, unfrosted ⁴ Muffins, all except corn Sweet rolls, unfrosted ⁴ Toaster pastries, unfrosted ⁴	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

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Group D	Minimum Serving Size for Group D ^{1, 2}
Cereal bars, breakfast bars, granola bars, plain ⁴ Doughnuts, cake and yeast raised, unfrosted ⁴ Muffins, all except corn Sweet rolls, unfrosted ⁴ Toaster pastries, unfrosted ⁴	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 ^{1, 2}
Cereal bars, breakfast bars, and granola bars with nuts, dried fruit, chocolate pieces, fruit purees ⁴ Cookies, with fillings or coverings, nuts, ³ raisins, chocolate pieces, fruit purees Doughnuts, cake and yeast raised, frosted or glazed ⁴ French toast Sweet rolls, frosted ⁴ Toaster pastries, frosted ⁴	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 ^{1, 2}
Cake, plain, unfrosted ³ Coffee cake ⁴	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 ^{1, 2}
Brownies, plain ³ Cake, all varieties, frosted ³	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 ¹
Barley Breakfast cereals, cooked ⁵ 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)
Group I	Minimum Serving Size for Group I ^{1, 2}
Ready-to-eat breakfast cereals (cold dry) ⁵	1 serving = $\frac{3}{4}$ cup or 1 ounce, whichever is less $\frac{1}{2}$ serving = $\frac{1}{3}$ cup or $\frac{1}{2}$ ounce, whichever is less $\frac{1}{3}$ serving = $\frac{1}{4}$ cup or $\frac{1}{3}$ ounce, whichever is less

¹ All grain/breads must be whole grain or enriched or made with whole-grain or enriched flour or meal, bran, or germ. For more information, see the CSDE's handouts, [Crediting Whole Grains in the NSLP and SBP](#) and [Crediting Enriched Grains in the NSLP and SBP](#).

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- ² Some foods or their accompaniments are high in sugars, salt, or fat. This should be a consideration when deciding how often to serve them.
- ³ Allowed only for SFSP snacks. The USDA recommends not serving grain-based desserts more than twice per week.
- ⁴ Allowed only for SFSP breakfasts and snacks. The USDA recommends not serving grain-based desserts more than twice per week.
- ⁵ Breakfast cereals (ready-to-eat and cooked) must be whole-grain, enriched, or fortified. Breakfast cereals may be served in meals other than breakfast.

Resources

Administration Guide: Summer Food Service Program (USDA):

https://fns-prod.azureedge.net/sites/default/files/sfsp/SFSP_Admin_Guide_Sept2016.pdf

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

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

Crediting Foods for Grades K-12 in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents>

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>

Nutrition Guide: Summer Food Service Program (USDA):

https://fns-prod.azureedge.net/sites/default/files/sfsp/USDA_SFSP_NutritionGuide.pdf

Product Formulation Statement for Grains (USDA):

<https://fns-prod.azureedge.net/sites/default/files/PFSgrains13-14.pdf>

Sample Completed Product Formulation Statement for Grains (USDA):

<https://fns-prod.azureedge.net/sites/default/files/PFSsamplegrains.pdf>

Summer Food Service Program Meal Pattern (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/SFSPMealPattern.pdf>

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For more information, visit the CSDE's [SFSP](#) website or contact Caroline Cooke at caroline.cooke@ct.gov or 860-807-2144, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/GrainsBreadsSFSP.pdf>.

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

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