Exhibit A

Grain Requirements for Child Nutrition Programs^{1,2}

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red / Ounce Equivalents (Oz Eq), Minimum Serving Size (MSS)

GROUP		OZ EQ	MSS
A	Bread-type cooking, 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 gm or 0.8 oz % oz eq = 17 gm or 0.6 oz ½ oz eq = 11 gm or 0.4 oz % oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 34 serving = 15 gm or 0.5 oz 15 serving = 10 gm or 0.4 oz 16 serving = 5 gm or 0.2 oz
B	Bagels, Batter-type coating, Biscuits, Breads – all (for example sliced, French, Italian), Buns (hamburger and hot dog), Sweet crackers ⁵ (graham crackers – all shapes, animal crackers), Egg roll skins, English muffins, Pita bread, Pizza crust, Pretzels (soft), Rolls, Tortillas, Tortilla chips, Taco shells	1 oz eq = 28 gm or 1.0 oz % oz eq = 21 gm or 0.75 oz ½ oz eq = 14 gm or 0.5 oz ¼ oz eq = 7 gm or 0.25 oz	1 serving = 25 gm or 0.9 oz % serving = 19 gm or 0.7 oz ½ serving = 13 gm or 0.5 oz ½ serving = 6 gm or 0.2 oz
C	Cookies³ (plain – includes vanilla wafers), Cornbread, Corn muffins, Croissants, Pancakes, Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies), Waffles	1 oz eq = 34 gm or 1.2 oz % oz eq = 26 gm or 0.9 oz % oz eq = 17 gm or 0.6 oz % oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz % serving = 23 gm or 0.8 oz ½ serving = 16 gm or 0.6 oz ¼ serving = 8 gm or 0.3 oz
D	Doughnuts ⁴ (cake and yeast raised, unfrosted), Cereal bars, breakfast bars, granola bars ⁴ (plain), Muffins (all, except corn), Sweet roll ⁴ (unfrosted), Toaster pastry ⁴ (unfrosted)	1 oz eq = 55 gm or 2.0 oz ¾ oz eq = 42 gm or 1.5 oz ½ oz eq = 28 gm or 1.0 oz ¼ oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz % serving = 38 gm or 1.3 oz ½ serving = 25 gm or 0.9 oz ½ serving = 13 gm or 0.5 oz
E	Cereal bars, breakfast bars, granola bars ⁴ (with nuts, dried fruit, and/or chocolate pieces), Cookies ³ (with nuts, raisins, chocolate pieces and/or fruit purees), Doughnuts ⁴ (cake and yeast raised, frosted or glazed), French toast, Sweet rolls ⁴ (frosted), Toaster pastry ⁴ (frosted)	1 oz eq = 69 gm or 2.4 oz ¾ oz eq = 52 gm or 1.8 oz ½ oz eq = 35 gm or 1.2 oz ¼ oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz % serving = 47 gm or 1.7 oz ½ serving = 31 gm or 1.1 oz ¼ serving = 16 gm or 0.6 oz
F	Cake³ (plain, unfrosted), Coffee cake⁴	1 oz eq = 82 gm or 2.9 oz ¾ oz eq = 62 gm or 2.2 oz ½ oz eq = 41 gm or 1.5 oz ¼ oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz 34 serving = 56 gm or 2.0 oz 35 serving = 38 gm or 1.3 oz 36 serving = 19 gm or 0.7 oz
G	Brownies ³ (plain), Cake ³ (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz ¾ oz eq = 94 gm or 3.3 oz ½ oz eq = 63 gm or 2.2 oz ¼ oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4.0 oz 34 serving = 86 gm or 3.0 oz 15 serving = 58 gm or 2.0 oz 16 serving = 29 gm or 1.0 oz
Н	Cereal grains (barley, quinoa, etc.), Breakfast cereals (cooked) ^{6,7} , Bulgur or cracked wheat, Macaroni (all shapes), Noodles (all varieties), Pasta (all shapes), Ravioli (noodle only), Rice	1 oz eq = ½ cup cooked or 1 oz (28 gm) dry	1 serving = ½ cup cooked or 25 gm dry
	Ready-to-eat breakfast cereal (cold, dry) ^{6,7} (flakes and rounds, puffed cereals, and granola)	loz eq = lcup or loz for flakes and rounds loz eq = 1.25 cups or loz for puffed cereal loz eq = 1/2 cup or loz for granola	1 serving = ¾ cup or 1 oz, whichever is less

In the NSLP and SBP (grades K-12), at least half of the weekly grains offered must meet the whole grain-rich criteria and the remaining grain items offered must be made from whole-grain four, whole-grain meal, corn masa, masa harina, hariny, enriched four, enriched meal, brain, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Please note: State agencies have the discretion to set stricter requirements than the minimum nutrition standards for school meals. For all other Child Mutrition Programs, grains must be made from whole-grain four, whole-grain meal, corn masa, masa harina, harina, peniny, enriched four, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Under the CACFP child and adult meal notterns and in the NSLP (FSR preschool meals, at least one agrains expring near flaw must meet whole grain-rich criteria.

^{7.} In the NSLP and SBP, cereals that list a whole grain as the first ingredient must be fortified, or if the cereal is 100 percent whole grain, fortification is not required. For all Child Nutrition Programs, cereals must be whole-grain, enriched, or fortified; cereals served in CACF and NSLP/SEPs infant and or preschool meals must contain no more than 6 grams of suaquar per dry ourself.



This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. © 2020, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold. The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images. Please contact helpdesk@theicn.org for more information.

² For the NSLP and SBP (grades K-12), grain quantities are determined using ounce equivalents (oz eq). All other Child Nutrition Programs determine grain quantities using grains/breads servings. Beginning Oct. 1, 2021, grain quantities in the CACFP and NSLP/SBP infant and preschool meals will be determined using oz eq. 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.

³ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count towards the grains component in CACFP or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁴ Allowable in NSIP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count towards the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count towards the grains component in the CACFP and NSIP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁵ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §2/10.10. May count toward the grains component in the SBP (grades K-12), CACFP, NSLP/SBP infant and preschool meals, and SFSP.

a keet to program regulations on the appropriate serving set on supplements served to children agent through a in the kstr, predicts served in the served to children agent through a find the served in the served of the served in the served in the served of the served in the served of the served