

Servings for Grains/Breads in the Summer Food Service Program

This guidance applies 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 and the grains/breads component, visit the “[Meal Patterns](#)” section of the Connecticut State Department of Education’s (CSDE) SFSP webpage and refer to the CSDE’s resource, [Requirements for the Grains/Breads Component of the Summer Food Service Program Meal Patterns](#). For information on the crediting requirements, visit the CSDE’s [Crediting Foods in the Summer Food Service Program](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage.



Contents

- Overview of Grains/Breads Servings Chart2
- Creditable Grain Foods.....2
- Whole Grain-rich (WGR) Foods.....3
- Grain-based Desserts3
- Using the Grains/Breads Servings Chart3
- When a Product Formulation Statement (PFS) is Required4
- Grains/Breads Servings Chart5
- Resources7



Servings for Grains/Breads in the Summer Food Service Program

Overview of Grains/Breads Servings Chart

The U.S. Department of Agriculture's (USDA) [Exhibit A: Grain Requirements for Child Nutrition Programs](#), summarizes the required quantities for nine groups (A-I) of grain foods. These quantities are not the same for all Child Nutrition Programs because the meal patterns are different. The "[Grains/Breads Servings Chart](#)" in this document lists the Exhibit A servings that apply to creditable grain foods in the SFSP meal patterns.

Groups A-G include baked goods such as crackers, breads, rolls, taco shells, muffins, waffles, pancakes, and grain-based desserts, e.g., cookies, cake, granola bars, and pastries. Group H includes cereal grains like pasta, cooked breakfast cereals, and other cereal grains, e.g., amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat. Group I includes ready-to eat (RTE) cold breakfast cereals.

The amount of a creditable grain food that provides one serving of the grains/breads component varies because different types of foods contain different amounts of creditable grains. For example, to credit as one serving of the grains/breads component, a roll (group B) must weigh 25 grams or 0.9 ounce and a blueberry muffin (group D) must weigh 50 grams or 1.8 ounces. The minimum amount that credits toward the grains/breads component is $\frac{1}{4}$ serving.

Creditable Grain Foods

To credit as the grains/breads component, commercial grain products and foods made from scratch must be made with creditable grains. Creditable grains include whole grains, enriched grains, bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran), and germ (such as wheat germ). Bran and germ credit the same as enriched grains.

- Creditable foods include commercial grain products and foods made from scratch that are whole grain or enriched or contain a blend of whole and enriched grains. For guidance on the grain crediting requirements and how to identify whole and enriched grains, refer to the Connecticut State Department of Education's (CSDE) resources, [Crediting Whole Grains in the Summer Food Service Program](#) and [Crediting Enriched Grains in the Summer Food Service Program](#).
- Creditable cooked and ready-to-eat (RTE) breakfast cereals include whole grain, enriched, and fortified cereals. For crediting guidance, refer to the CSDE's [Crediting Breakfast Cereals in the Summer Food Service Program](#).

Additional resources on the grains/breads component are available in the "[Grains and Breads](#)" section of the CSDE's Crediting Foods in the Summer Food Service Program webpage.

Training on the crediting requirements for the grains/breads component is available in the CSDE's Summer Meals annual training module, [Crediting Foods in the Summer Food Service Program Meal Patterns: Part 4: Grains/Breads Component](#).

Servings for Grains/Breads in the Summer Food Service Program

Whole Grain-rich (WGR) Foods

WGR foods include products and recipes that are 100 percent whole grain or that contain a blend of whole grains (at least 50 percent) and enriched grains. While the SFSP meal pattern does not require WGR foods, the USDA encourages SFSP sponsors to serve whole-grain menu items most often for more nutritious meals and snacks.

Grain-based Desserts

Grain-based desserts are in groups C-G and are indicated in red (allowed only at snack) or blue (allowed at breakfast and snack). Grain-based desserts do not credit at lunch or supper. Sweet crackers (such as animal crackers and graham crackers) credit at all meals and snacks.

Only certain grain-based desserts are allowed at breakfast and snack.

- **Snack:** Grain-based desserts in red are allowed only at snack. Examples include cookies, cakes, cupcakes, plain brownies, and piecrusts in sweet pies like apple, coconut, blueberry, and pecan.
- **Breakfast and snack:** Grain-based desserts in blue are allowed at breakfast and snack. Examples include coffee cakes, cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, and fruit turnovers.

Grain-based desserts often contain more fat and added sugars than traditional grains. The CSDE recommends limiting grain-based desserts and sweet crackers to no more than twice per week and offering nutrient-dense whole grains instead. For example, if the SFSP menu includes cookies as a snack on Monday and granola bars for breakfast on Thursday, no other grain-based desserts should be served during that week. For more information, refer to the CSDE's [Crediting Grain-based Desserts in the Summer Food Service Program](#).

Using the Grains/Breads Servings Chart

The "[Grains/Breads Servings Chart](#)" indicates each grain group's required weight (groups A-G) or volume (groups H and I) to credit as 1 serving of the grains/breads component in the ASP meal pattern for grades K-12. The chart also indicates the required quantities for $\frac{3}{4}$ serving, $\frac{1}{2}$ serving, and $\frac{1}{4}$ serving (the minimum creditable amount).

SFSP sponsors must know the grain item's serving weight (groups A-G) or volume (groups H and I) to use this chart. Grains/breads servings are calculated by dividing the grain item's serving weight/volume by the required weight/volume for 1 serving of the applicable grain group.

- The serving weight/volume for commercial products is listed on the Nutrition Facts label or product formulation statement (PFS).

Servings for Grains/Breads in the Summer Food Service Program

- The serving weight/volume for foods made from scratch is determined from the SFA's standardized recipe. If the standardized recipe does not provide this information, the menu planner must determine the average serving weight/volume by weighing or measuring several portions (refer to the CSDE's [Yield Study Data Form for the Child Nutrition Programs](#)) or use the creditable grains method for determining grains/breads servings (refer to the CSDE's resource, [Calculation Methods for Grains/Breads Servings in the Summer Food Service Program](#)).

The steps for using the grains/breads servings chart are indicated in the CSDE's resource, [How to Use the Grains/Breads Servings Chart for the Summer Food Service Program](#). For detailed guidance on both methods for determining the grains/breads servings of commercial grain products and standardized recipes, refer to the CSDE's resource, [Calculation Methods for Grains/Breads Servings in the Summer Food Service Program](#).

When a Product Formulation Statement (PFS) is Required

The SFSP grains/breads servings chart can be used only for creditable grain foods. A manufacturer's PFS is required when a commercial product's ingredients statement and packaging do not provide sufficient information to determine if it meets the crediting criteria. This documentation must be obtained and verified for accuracy prior to purchasing, serving, and claiming the grain product in reimbursable meals.

For guidance on when a PFS is required and what it must include, refer to the CSDE's resources, [When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program](#) and [Using Product Formulation Statements in the Summer Food Service Program](#). Additional guidance on PFS forms is available in the "Product Formulation Statements" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

SFSP sponsors must maintain all crediting documentation on file in accordance with the records retention requirements for the SFSP (refer to the CSDE's [Records Retention Requirements for the Summer Food Service Program](#)). This documentation must be current and will be reviewed by the CSDE during the Administrative Review of the SFSP.

Servings for Grains/Breads in the Summer Food Service Program

Grains/Breads Servings Chart

The chart below reflects the required quantities for nine groups (A-I) of grain foods in the USDA's [Exhibit A: Grain Requirements for Child Nutrition Programs](#).

Group A	Group A Servings
Bread-type coating Breadsticks, hard Chow Mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry (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	Group B Servings
Bagels Batter-type coating Biscuits Breads, e.g., white, wheat, whole wheat, French, Italian Buns, hamburger and hot dog Crackers, sweet, e.g., graham crackers and animal crackers, all shapes Egg roll skins English muffins Pita bread Pizza crust Pretzels, soft Rolls Taco shells Tortilla chips Tortillas	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	Group C Servings
Cookies, plain, including vanilla wafers ¹ Cornbread Corn muffins Croissants Pancakes Piecrust (dessert pies ¹ , cobblers ¹ , fruit turnovers ² 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	Group D Servings
Cereal bars, breakfast bars, granola bars, plain ² Doughnuts, cake and yeast raised, unfrosted ² Muffins, all except corn Sweet rolls, unfrosted ² Toaster pastries, unfrosted ²	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

Servings for Grains/Breads in the Summer Food Service Program

Group E	Group E Servings
<p>Cereal bars, breakfast bars, granola bars, with nuts, dried fruit, and/or chocolate pieces ²</p> <p>Cookies, with fillings or coverings, nuts, raisins, chocolate pieces, and/or fruit purees ¹</p> <p>Doughnuts, cake and yeast raised, frosted or glazed ²</p> <p>French toast</p> <p>Sweet rolls, frosted ²</p> <p>Toaster pastries, frosted ²</p>	<p>1 serving = 63 grams or 2.2 ounces</p> <p>¾ serving = 47 grams or 1.7 ounces</p> <p>½ serving = 31 grams or 1.1 ounces</p> <p>¼ serving = 16 grams or 0.6 ounce</p>
Group F	Group F Servings
<p>Cake, plain, unfrosted ¹</p> <p>Coffee cake ²</p>	<p>1 serving = 75 grams or 2.7 ounces</p> <p>¾ serving = 56 grams or 3.0 ounces</p> <p>½ serving = 38 grams or 1.3 ounces</p> <p>¼ serving = 19 grams or 0.7 ounce</p>
Group G	Group G Servings
<p>Brownies, plain ¹</p> <p>Cake, all varieties, frosted ¹</p>	<p>1 serving = 115 grams or 4 ounces</p> <p>¾ serving = 86 grams or 3 ounces</p> <p>½ serving = 58 grams or 2 ounces</p> <p>¼ serving = 29 grams or 1 ounce</p>
Group H	Group H Servings
<p>Barley</p> <p>Breakfast cereals, cooked ³</p> <p>Bulgur or cracked wheat</p> <p>Cereal grains, e.g., amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat</p> <p>Macaroni, all shapes</p> <p>Noodles, all varieties</p> <p>Pasta, all shapes</p> <p>Ravioli, noodle only</p> <p>Rice, brown or enriched white</p>	<p>1 serving = ½ cup cooked (or 25 grams dry)</p> <p>½ serving = ¼ cup cooked (or 13 grams dry)</p>
Group I	Group I Servings
<p>Ready-to-eat (RTE) breakfast cereals (cold dry) ³</p>	<p>1 serving = ¾ cup or 1 ounce*</p> <p>½ serving = ⅓ cup or ½ ounce*</p> <p>⅓ serving = ¼ cup or ⅓ ounce *</p> <p>* whichever is less</p>

¹ Allowed only at snack (refer to “[Grain-based Desserts](#)” in this document).

² Allowed at breakfast and snack (refer to “[Grain-based Desserts](#)” in this document).

³ RTE breakfast cereals must be whole, enriched, or fortified. For more information, refer to the CSDE’s resource, [Crediting Breakfast Cereals in the Summer Food Service Program](#).

Servings for Grains/Breads in the Summer Food Service Program

Resources

Accepting Processed Product Documentation in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/accepting_processed_product_documentation_sfsp.pdf

Calculation Methods for Grains/Breads Servings in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/grain_calculation_sfsp.pdf

Crediting Breakfast Cereals in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/credit_cereals_sfsp.pdf

Crediting Documentation for the Child Nutrition Program (CSDE webpage):
<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

Crediting Enriched Grains in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/credit_enriched_grains_sfsp.pdf

Crediting Grain-based Desserts in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/credit_grain_based_desserts_sfsp.pdf

Crediting Grains in the Child Nutrition Programs Tip Sheets: Part 1: Creditable Grains in Child Nutrition Programs; Part 2: Identifying Grain Products that are Whole Grain-Rich; and Part 3: Program Requirements (USDA):
<https://www.fns.usda.gov/tn/crediting-grains>

Crediting Whole Grains in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/credit_whole_grains_sfsp.pdf

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):
<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Food Buying Guide Exhibit A Grains Tool (USDA):
<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

Food Buying Guide for Child Nutrition Programs (USDA):
<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Grains and Breads Component (CSDE's Crediting Foods in the Summer Food Service Program webpage):
<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program/grains-and-breads>

Servings for Grains/Breads in the Summer Food Service Program

How to Maximize the Exhibit A Grains Tool (USDA Webinar):

<https://www.fns.usda.gov/tn/how-maximize-exhibit-grains-tool>

How to Use the Grains/Breads Servings Chart for the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/how_to_use_grains_breads_servings_chart_sfsp.pdf

Product Formulation Statements (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/product-formulation-statements>

Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs):

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

Records Retention Requirements for the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/records_retention_sfsp.pdf

Requirements for the Grains/Bread Component of the Summer Food Service Program Meal Patterns (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/component_grains_breads_sfsp.pdf

Summer Meals Annual Training Module: Crediting Documentation for Summer Meals ("Annual Training" section of CSDE's SFSP webpage):

<https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training#CreditingDocumentation>

Summer Meals Annual Training Module: Crediting Foods in the Summer Food Service Program Meal Patterns: Part 4: Grains/Breads Component ("Annual Training" section of CSDE's SFSP webpage):

<https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training#CreditingFoods>

USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:

<https://www.fns.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation>

USDA Memo SP 23-2019, CACFP 10-2019, and SFSP 09-2019: Crediting Popcorn in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-popcorn-child-nutrition-programs>

Servings for Grains/Breads in the Summer Food Service 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>

Using Child Nutrition (CN) Labels in the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/cn_labels_sfsp.pdf

Using Product Formulation Statements in the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/product_formulation_statements_sfsp.pdf

What's in a Meal Module 6: Meal Pattern Documentation Part B – Crediting Commercial Processed Products (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program (CSDE):

https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/sfsp/mealpattern/when_commercial_grain_products_require_pfs_sfsp.pdf

Servings for Grains/Breads in the Summer Food Service Program

For more information, visit the CSDE's [Crediting Foods in the Summer Food Service Program](#) webpage or contact the [Summer Meals staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/sfsp/mealpattern/servings_grains_breads_sfsp.pdf.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email louis.todisco@ct.gov.

