

# AFTER SCHOOL SNACK PROGRAM ONLY

## GRAINS/BREADS REQUIREMENT (Bread/Bread Alternate)

### Exhibit A—Grains/Breads for the Food-Based Menu-Planning Alternatives in the Child Nutrition Programs<sup>1,2</sup>

Items listed below in red are considered sweet snacks and are limited to twice per week.

GROUP A	MINIMUM SERVING SIZE FOR GROUP A
<ul style="list-style-type: none"> <li>• Bread-type coating</li> <li>• Breadsticks (hard)</li> <li>• Chow mein noodles</li> <li>• Crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry)</li> </ul> <p><i>NOTE: Weights apply to bread in stuffing.</i></p>	<p>1 serving = 20 gm or 0.7 oz</p> <p>3/4 serving = 15 gm or 0.5 oz</p> <p>1/2 serving = 10 gm or 0.4 oz</p> <p>1/4 serving = 5 gm or 0.2 oz</p>
GROUP B	MINIMUM SERVING SIZE FOR GROUP B
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter-type coating</li> <li>• Biscuits</li> <li>• Breads (white, wheat, whole-wheat, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Crackers (graham crackers—all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (white, wheat, whole-wheat)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (white, wheat, whole-wheat, potato)</li> <li>• Tortillas (wheat or corn)</li> <li>• Tortilla chips (wheat or corn)</li> <li>• Taco shells</li> </ul>	<p>1 serving = 25 gm or 0.9 oz</p> <p>3/4 serving = 19 gm or 0.7 oz</p> <p>1/2 serving = 13 gm or 0.5 oz</p> <p>1/4 serving = 6 gm or 0.2 oz</p>
GROUP C	MINIMUM SERVING SIZE FOR GROUP C
<ul style="list-style-type: none"> <li>• Cookies<sup>2</sup> (plain includes vanilla wafers)</li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies<sup>3</sup>, fruit turnovers<sup>4</sup>, cobblers, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	<p>1 serving = 31 gm or 1.1 oz</p> <p>3/4 serving = 23 gm or 0.8 oz</p> <p>1/2 serving = 16 gm or 0.6 oz</p> <p>1/4 serving = 8 gm or 0.3 oz</p>
GROUP D	MINIMUM SERVING SIZE FOR GROUP D
<ul style="list-style-type: none"> <li>• Doughnuts<sup>4</sup> (cake and yeast-raised, unfrosted)</li> <li>• Granola bars<sup>4</sup> (plain)</li> <li>• Muffins (all except corn)</li> <li>• Sweet roll<sup>4</sup> (unfrosted)</li> <li>• Toaster pastry<sup>4</sup> (unfrosted)</li> </ul>	<p>1 serving = 50 gm or 1.8 oz</p> <p>3/4 serving = 38 gm or 1.3 oz</p> <p>1/2 serving = 25 gm or 0.9 oz</p> <p>1/4 serving = 13 gm or 0.5 oz</p>

<sup>1</sup> The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

<sup>2</sup> Some of the following foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed only for desserts and snacks served under the CACFP.

<sup>4</sup> Allowed for desserts, breakfasts, and snacks served under CACFP.

# AFTER SCHOOL SNACK PROGRAM ONLY

## GRAINS/BREADS REQUIREMENT (Bread/Bread Alternate) Exhibit A continued

Items listed below in red are considered sweet snacks and are limited to twice per week.

<b>GROUP E</b>	<b>MINIMUM SERVING SIZE FOR GROUP E</b>												
<ul style="list-style-type: none"> <li>• Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces, fruit purees)</li> <li>• Doughnuts<sup>4</sup> (cake and yeast-raised, frosted or glazed)</li> <li>• French toast</li> <li>• Grain fruit bars<sup>4</sup></li> <li>• Granola bars<sup>4</sup> (with nuts, raisins, chocolate pieces, and/or fruit)</li> <li>• Sweet rolls<sup>4</sup> (frosted)</li> <li>• Toaster pastry<sup>4</sup> (frosted)</li> </ul>	<table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">1 serving</td> <td style="padding-right: 20px;">=</td> <td>63 gm or 2.2 oz</td> </tr> <tr> <td>3/4 serving</td> <td>=</td> <td>47 gm or 1.7 oz</td> </tr> <tr> <td>1/2 serving</td> <td>=</td> <td>31 gm or 1.1 oz</td> </tr> <tr> <td>1/4 serving</td> <td>=</td> <td>16 gm or 0.6 oz</td> </tr> </table>	1 serving	=	63 gm or 2.2 oz	3/4 serving	=	47 gm or 1.7 oz	1/2 serving	=	31 gm or 1.1 oz	1/4 serving	=	16 gm or 0.6 oz
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<b>GROUP F</b>	<b>MINIMUM SERVING SIZE FOR GROUP F</b>												
<ul style="list-style-type: none"> <li>• Cake<sup>3</sup> (plain, unfrosted)</li> <li>• Coffee cake<sup>4</sup></li> </ul>	<table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">1 serving</td> <td style="padding-right: 20px;">=</td> <td>75 gm or 2.7 oz</td> </tr> <tr> <td>3/4 serving</td> <td>=</td> <td>56 gm or 2 oz</td> </tr> <tr> <td>1/2 serving</td> <td>=</td> <td>38 gm or 1.3 oz</td> </tr> <tr> <td>1/4 serving</td> <td>=</td> <td>19 gm or 0.7 oz</td> </tr> </table>	1 serving	=	75 gm or 2.7 oz	3/4 serving	=	56 gm or 2 oz	1/2 serving	=	38 gm or 1.3 oz	1/4 serving	=	19 gm or 0.7 oz
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<b>GROUP G</b>	<b>MINIMUM SERVING SIZE FOR GROUP G</b>												
<ul style="list-style-type: none"> <li>• Brownies<sup>3</sup> (plain)</li> <li>• Cake<sup>3</sup> (all varieties, frosted)</li> </ul>	<table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">1 serving</td> <td style="padding-right: 20px;">=</td> <td>115 gm or 4.0 oz</td> </tr> <tr> <td>3/4 serving</td> <td>=</td> <td>86 gm or 3.0 oz</td> </tr> <tr> <td>1/2 serving</td> <td>=</td> <td>58 gm or 2.0 oz</td> </tr> <tr> <td>1/4 serving</td> <td>=</td> <td>29 gm or 1.0 oz</td> </tr> </table>	1 serving	=	115 gm or 4.0 oz	3/4 serving	=	86 gm or 3.0 oz	1/2 serving	=	58 gm or 2.0 oz	1/4 serving	=	29 gm or 1.0 oz
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<b>GROUP H</b>	<b>MINIMUM SERVING SIZE FOR GROUP H</b>												
<ul style="list-style-type: none"> <li>• Barley</li> <li>• Breakfast cereals<sup>5,6</sup> (cooked)</li> <li>• Bulgur or cracked wheat</li> <li>• Macaroni (all shapes)</li> <li>• Noodles (all varieties)</li> <li>• Pasta (all shapes)</li> <li>• Ravioli (noodle only)</li> <li>• Rice (enriched white or brown)</li> </ul>	<table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">1 serving</td> <td style="padding-right: 20px;">=</td> <td>1/2 cup cooked (or 25 gm dry)</td> </tr> </table>	1 serving	=	1/2 cup cooked (or 25 gm dry)									
1 serving	=	1/2 cup cooked (or 25 gm dry)											
<b>GROUP I</b>	<b>MINIMUM SERVING SIZE FOR GROUP I</b>												
<ul style="list-style-type: none"> <li>• Ready-to-eat breakfast cereal<sup>5,6</sup> (cold, dry)</li> </ul>	<table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">1 serving</td> <td style="padding-right: 20px;">=</td> <td>3/4 cup or 1.0 oz, whichever is less</td> </tr> </table>	1 serving	=	3/4 cup or 1.0 oz, whichever is less									
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<sup>5</sup> Refer to program regulations for the appropriate serving size for meals served to children aged 1 through 5 in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>6</sup> Cereals may be whole-grain, enriched, or fortified.