



Crediting Foods

Grains/Breads for the Child Nutrition Programs

The serving size for children ages 1-5 is 1/2.

The serving size for children ages 6-12 is 1.

Group A

1/4 serving = 5 grams (0.2 oz)
1/2 serving = 10 grams (0.4oz)

3/4 serving = 15 grams (0.5 oz)
1 serving = 20 grams (0.7 oz)

Breading Type Coating
Bread Sticks - hard
Chow Mein Noodles

Crackers - saltines and snack crackers
Croutons

Pretzels - hard
Stuffing - dry

Group B

1/4 serving = 6 grams (0.2 oz)
1/2 serving = 13 grams (0.5 oz)

3/4 serving = 19 grams (0.7 oz)
1 serving = 25 grams (0.9 oz)

Bagels
Batter Type Coating
Biscuits
Breads - white, wheat, whole-wheat, French, Italian
Buns - hamburger and hot dog

Crackers - graham (all shapes), animal crackers
Egg Roll Skins
English Muffins
Pita Bread - white, wheat, whole-wheat

Pizza Crust
Pretzels - soft
Rolls - white, wheat, whole-wheat, potato
Tortillas - wheat or corn
Tortilla Chips - wheat or corn
Taco Shells

Group C

1/4 serving = 8 grams (0.3 oz)
1/2 serving = 16 grams (0.6 oz)

3/4 serving = 23 grams (0.8 oz)
1 serving = 31 grams (1.1 oz)

Cookies - plain
Combread

Corn Muffins
Croissants
Pancakes - purchased

Pie Crust - dessert pies, fruit turnovers, and meat/meat alternate pies
Waffles - purchased

Group D

1/4 serving = 13 grams (0.5 oz)
1/2 serving = 25 grams (0.9 oz)

3/4 serving = 38 grams (1.3 oz)
1 serving = 50 grams (1.8 oz)

Doughnuts - cake and yeast raised, unfrosted

Granola Bars - plain
Muffins (except corn muffins)

Sweet Roll - unfrosted
Toaster Pastry - unfrosted

Group E

1/4 serving = 16 grams (0.6 oz)
1/2 serving = 31 grams (1.1 oz)

3/4 serving = 47 grams (1.7oz)
1 serving = 63 grams (2.2 oz)

Cookies - with nuts, raisins, chocolate pieces, and/or fruit purees
Doughnuts - cake and yeast raised, frosted or glazed

French Toast
Grain Fruit Bars
Granola Bars - with nuts, raisins, chocolate pieces and/or fruit

Sweet Rolls - frosted
Toaster Pastry - frosted



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Group F

1/4 serving = 19 grams (0.7 oz)
1/2 serving = 38 grams (1.3 oz)

3/4 serving = 56 grams (2 oz)
1 serving = 75 grams (2.7 oz)

Cake - plain, unfrosted
Coffee Cake

Group G

1/4 serving = 29 grams (1 oz)
1/2 serving = 58 grams (2 oz)

3/4 serving = 86 grams (3 oz)
1 serving = 115 grams (4 oz)

Brownies - plain
Cake - all varieties, frosted

Group H

1 serving = 1/2 cup cooked or 25 grams (0.9 oz) dry
3/4 serving = 3/8 cup cooked or 19 grams (0.7 oz) dry
1/2 serving = 1/4 cup cooked or 13 grams (0.5 oz) dry
1/4 serving = 2 tablespoons cooked or 6 grams (0.2 oz) dry

Barley
Breakfast Cereals - cooked
Bulgur (cracked wheat)

Macaroni - all shapes
Noodles - all varieties
Pasta - all shapes

Ravioli - noodle only
Rice - enriched white or brown

Group I

1 serving = 3/4 cup or 1 oz, whichever is less
1/2 serving = 1/3 cup or 0.5 oz, whichever is less
1/4 serving = 1/4 cup or 9 grams or 0.3 oz, whichever is less

Ready to Eat Breakfast Cereal - cold, dry

Flow Chart for Determining Grains/Breads Creditability

