




















BREAKFAST		Serving Size
	Fluid Milk	1 cup (1/2 pint)
	Vegetable or Fruit or Juice*	1/2 cup
	Grains/Breads Whole grain or enriched	1 slice**
	Cold Dry Cereal Whole grain, enriched or fortified	3/4 cup (or 1 oz)
	Cooked: Cereal, Rice, Pasta or Noodle Products	1/2 cup
SNACK Select two of the four components***		Serving Size
	Fluid Milk	1 cup (1/2 pint)
	Vegetable or Fruit or Juice*	3/4 cup
	Meat or Meat Alternative	1 ounce
	Grains/Breads	1 slice**
	Cold Dry Cereal	3/4 cup (or 1 oz)
	Cooked: Cereal, Rice, Pasta or Noodle Products	1/2 cup
LUNCH/SUPPER		Serving Size
	Fluid Milk	1 cup (1/2 pint)
	Meat or Poultry or Fish or alternate protein products **** or	2 ounces
	Cheese or	2 ounces
	Egg or	1 egg
	Cooked Dry Beans or Peas or	1/2 cup
	Peanut, Soy nut, Sunflower or other Nut or Seed Butters or Peanuts, Soy nuts, Tree nuts or Seeds Up to 50% of meat/meat alternate or	4 Tablespoons 1 ounce = 50%
	Yogurt, plain, flavored, sweetened or unsweetened or an equivalent quantity of any combination of meat/meat alternate	8 ounces or 1 cup
	Vegetables and/or Fruits/Juice* (Two or more servings of different vegetables and/or fruits)	3/4 cup
	Grains/Breads	1 slice**
<p>*Full-strength (100 percent) vegetable and/or fruit juice must be served.</p> <p>**An equivalent serving of an acceptable grain/bread food item such as cornbread, biscuit, roll, muffin, pizza crust etc. made of whole-grain, bran or germ product and/or enriched meal or flour.</p> <p>***For snack, juice may not be served when milk is served as the only other component. Also, 2 food items from the same component cannot be served.</p> <p>****Alternate protein products must meet requirements in Appendix A of 7 CFR Part 225.</p>		

Weights of Commercially Prepared Grains/Breads

Child Nutrition Programs

Some of these 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.

GROUP A

Bread-type Coating
Breadsticks (hard)
Chow Mein Noodles
Crackers (saltines and snack crackers)
Croutons
Pretzels (hard)
Stuffing (dry)

1 serving = 20 gm or 0.7 oz
 $\frac{3}{4}$ serving = 15 gm or 0.5 oz
 $\frac{1}{2}$ serving = 10 gm or 0.4 oz
 $\frac{1}{4}$ serving = 5 gm or 0.2 oz

GROUP B

Bagels
Batter-type Coating
Biscuits
Breads (white, wheat, whole-wheat, French, Italian)
Buns (hamburger and hot dog)
Crackers (graham and animal crackers)
Egg Roll Skins
English Muffins
Pita Bread (white, wheat, whole-wheat)
Pizza Crust
Pretzels (soft)
Rolls (white, wheat, whole-wheat, potato)
Taco Shells
Tortilla Chips (wheat or corn)
Tortillas (wheat or corn)

1 serving = 25 gm or 0.9 oz
 $\frac{3}{4}$ serving = 19 gm or 0.7 oz
 $\frac{1}{2}$ serving = 13 gm or 0.5 oz
 $\frac{1}{4}$ serving = 6 gm or 0.2 oz

¹ Refer to program regulations for the appropriate serving size for supplements served to children ages 1-5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1-5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

GROUP C

Cookies³ (plain)
Corn Muffins
Cornbread
Croissants
Pancakes
Pie Crust (dessert pies³, fruit turnovers² and meat/meat alternate pies)
Waffles

1 serving = 31 gm or 1.1 oz
 $\frac{3}{4}$ serving = 23 gm or 0.8 oz
 $\frac{1}{2}$ serving = 16 gm or 0.6 oz
 $\frac{1}{4}$ serving = 8 gm or 0.3 oz

GROUP D

Doughnuts² (cake and yeast-raised, unfrosted)
Granola Bars² (plain)
Muffins (all except corn)
Sweet Roll² (unfrosted)
Toaster Pastry² (unfrosted)
1 serving = 50 gm or 1.8 oz
 $\frac{3}{4}$ serving = 38 gm or 1.3 oz
 $\frac{1}{2}$ serving = 25 gm or 0.9 oz
 $\frac{1}{4}$ serving = 13 gm or 0.5 oz

GROUP E

Cookies³ (with nuts, raisins, chocolate pieces, and/or fruit purees)
Doughnuts² (cake and yeast-raised, frosted, or glazed)
French Toast
Grain Fruit Bars²
Granola Bars² (with nuts, raisins, chocolate pieces and/or fruit)
Sweet Rolls² (frosted)
Toaster Pastry² (frosted)
1 serving = 63 gm or 2.2 oz
 $\frac{3}{4}$ serving = 47 gm or 1.7 oz
 $\frac{1}{2}$ serving = 31 gm or 1.1 oz
 $\frac{1}{4}$ serving = 16 gm or 0.6 oz

² Allowed for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

GROUP F

Cake³ (plain, unfrosted)
Coffee Cake²
1 serving = 75 gm or 2.7 oz
 $\frac{3}{4}$ serving = 56 gm or 2.0 oz
 $\frac{1}{2}$ serving = 38 gm or 1.3 oz
 $\frac{1}{4}$ serving = 19 gm or 0.7 oz

GROUP G

Brownies³ (plain)
Cake³ (all varieties, frosted)
1 serving = 115 gm or 4.0 oz
 $\frac{3}{4}$ serving = 86 gm or 3.0 oz
 $\frac{1}{2}$ serving = 58 gm or 2.0 oz
 $\frac{1}{4}$ serving = 29 gm or 1.0 oz

GROUP H

Barley
Breakfast Cereals (cooked)¹
Bulgur or Cracked Wheat
Macaroni (all shapes)
Noodles (all varieties)
Pasta (all shapes)
Ravioli (noodle only)
Rice (enriched white or brown)
1 serving = $\frac{1}{2}$ cup cooked
or 25 grams (0.9 oz) dry
 $\frac{3}{4}$ serving = $\frac{3}{8}$ cups cooked
or 19 grams (0.7oz) dry
 $\frac{1}{2}$ serving = $\frac{1}{4}$ cups cooked
or 13 grams (0.5 oz) dry
 $\frac{1}{4}$ serving = 2 tbsl cooked
or 6 grams (0.2 oz) dry

GROUP I

Breakfast Cereals (cold, dry, ready-to-eat)¹
1 serving = $\frac{3}{4}$ cup or 1.0 oz,
whichever is less
 $\frac{1}{2}$ serving = $\frac{1}{3}$ cup or 0.5 oz,
whichever is less
 $\frac{1}{4}$ serving = $\frac{1}{4}$ cup or 0.3 oz,
whichever is less

³ Allowed only for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP and CACFP.