

GRAIN OUNCE EQUIVALENT FOR THE **PRESCHOOL**

MEAL PATTERNS OF THE SCHOOL NUTRITION PROGRAMS

THIS CHART LISTS THE EXHIBIT A OZ EQ (GROUPS A-E AND H-I) THAT APPLY TO CREDITABLE GRAIN FOODS IN THE PRESCHOOL MEAL PATTERNS. GROUPS F AND G (GRAIN-BASED DESSERTS) ARE NOT INCLUDED BECAUSE GRAIN-BASED DESSERTS DO NOT CREDIT IN PRESCHOOL MEALS AND SNACKS.

| GROUP A | GROUP A SERVINGS |
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| 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 OZ EQ = 22 GM OR 0.8 OZ 3/4 OZ EQ = 17 GM OR 0.6 OZ 1/2 OZ EQ = 11 GM OR 0.4 OZ 1/4 OZ EQ = 6 GM OR 0.2 OZ |
| 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 ¹ EGG ROLL SKINS ENGLISH MUFFINS PITA BREAD PIZZA CRUST PRETZELS (SOFT) ROLLS TACO SHELLS TORTILLAS CHIPS TORTILLA | 1 OZ EQ = 28 GM OR 1.0 OZ 3/4 OZ EQ = 21 GM OR 0.75 OZ 1/2 OZ EQ = 14 GM OR 0.5 OZ 1/4 OZ EQ = 7 GM OR 0.25 OZ |
| GROUP C | GROUP C SERVINGS |
| CORNBREAD CORN MUFFINS CROISSANTS PANCAKES PIECRUST (ONLY IN MEAT/MEAT ALTERNATE PIES) WAFFLES | 1 OZ EQ = 34 GM OR 1.2 OZ 3/4 OZ EQ = 26 GM OR 0.9 OZ 1/2 OZ EQ = 17 GM OR 0.6 OZ 1/4 OZ EQ = 9 GM OR 0.3 OZ |

¹ AS A BEST PRACTICE, THE USDA ENCOURAGES PRESCHOOL MENUS TO LIMIT SWEET CRACKERS (GRAHAM CRACKERS AND ANIMAL CRACKERS) BECAUSE OF THEIR HIGHER SUGAR CONTENT. THE CSDE RECOMMENDS LIMITING SWEET CRACKERS TO NO MORE THAN TWICE PER WEEK, BETWEEN ALL MEALS AND SNACKS SERVED TO PRESCHOOLERS

GROUP D**GROUP D SERVINGS**

MUFFINS, ALL EXCEPT CORN

1 OZ EQ = 55 GM OR 2 OZ
 3/4 OZ EQ = 42 GM OR 1.5 OZ
 1/2 OZ EQ = 28 GM OR 1.0 OZ
 1/4 OZ EQ = 14 GM OR 0.5 OZ

GROUP E**GROUP E SERVINGS**

FRENCH TOAST

1 OZ EQ = 69 GM OR 2.4 OZ
 3/4 OZ EQ = 52 GM OR 1.8 OZ
 1/2 OZ EQ = 35 GM OR 1.2 OZ
 1/4 OZ EQ = 18 GM OR 0.6 OZ

GROUP H**GROUP H SERVINGS**

BARLEY
 BREAKFAST CEREALS, COOKED²
 BULGUR OR CRACKED WHEAT
 CEREAL GRAINS, E.G./ AMARANTH, BUCKWHEAT, CORNMEAL, CORN GRITS,
 FARINA, KASHA, MILLET, OATS, QUINOA, WHEAT BERRIES, AND ROLLED WHEAT
 MACARONI, ALL SHAPES
 NOODLES, ALL VARIETIES
 PASTA, ALL SHAPES
 RAVIOLI, NOODLE ONLY
 RICE, BROWN OR ENRICHED WHITE

1 OZ EQ = 1/2 CUP COOKED OR 1 OUNCE
 (28 GRAMS) DRY
 1/2 OZ EQ = 1/4 CUP COOKED OR 1/2
 OUNCE (14 GRAMS) DRY

READY-TO-EAT (RTE) BREAKFAST CEREALS (COLD DRY)²

1 OZ EQ = 1 CUP OR 1 OUNCE FOR FLAKES AND ROUNDS
 1 1/4 CUPS OR 1 OUNCE FOR PUFFED CEREAL
 1/4 CUP OR 1 OUNCE FOR GRANOLA
 1/2 OZ EQ = 1/2 CUP OR 1/2 OUNCE FOR FLAKES AND
 ROUNDS 3/4 CUP OR 1/2 OUNCE FOR PUFFED CEREAL
 1/8 CUP OR 1/2 OUNCE FOR GRANOLA

² RTE AND COOKED BREAKFAST CEREALS MUST BE WGR, ENRICHED, OR FORTIFIED, AND CANNOT EXCEED 6 GRAMS OF SUGARS PER DRY OUNCE. EFFECTIVE OCTOBER 1, 2025, THE USDA FINAL RULE, **CHILD NUTRITION PROGRAMS: MEAL PATTERNS CONSISTENT WITH THE 2020-2025 DIETARY GUIDELINES FOR AMERICANS**, CHANGES THE PRODUCT-BASED LIMIT FOR BREAKFAST CEREALS FROM TOTAL SUGARS TO ADDED SUGARS (NO MORE THAN 6 GRAMS OF ADDED SUGARS PER DRY OUNCE). FOR MORE INFORMATION, REFER TO THE CSDE'S RESOURCE, **CREDITING BREAKFAST CEREALS IN THE PRESCHOOL MEAL PATTERNS FOR THE SCHOOL NUTRITION PROGRAMS**, AND VISIT THE USDA'S WEBPAGE, **CHOOSE BREAKFAST CEREALS THAT ARE LOWER IN SUGAR**.