



CACFP Grains Chart

Adult Care Component

The chart below is a guide for commonly served grain items. The amount listed must be served to meet the ounce equivalent (oz eq) grain requirement. Amounts are based on the weight of the grain item in grams (g).

Required Amounts:
 Breakfast, Lunch, Supper = 2 oz eq
 Snack = 1 oz eq

Grain Item and Size	Breakfast, Lunch, Supper	Snack
	Serve at least 2 oz eq which is about...	Serve at least 1 oz eq which is about...
Bagel (~ 4" diameter)	1 bagel or 56 g	1/2 bagel or 28 g
Bagel, Mini	2 bagels or 56 g	1 bagel or 28 g
Biscuit (~ 2 1/2" diameter)	2 biscuits or 56 g	1 biscuit or 28 g
Bread	2 slices or 56 g	1 slice or 28 g
Bread Stick, Hard (~ 7 3/4")	6 sticks or 44 g	3 sticks or 22 g
Buns, Hamburger, Hot Dog	2 buns or 56 g	1 bun or 28 g
Cereal, Ready-to-eat (dry, cold) Flakes or Rounds	2 cups or 56 g	1 cup or 28 g
Cereal, Ready-to-eat (dry, cold) Puffed cereal	2 1/2 cups or 56 g	1 1/4 cup or 28 g
Cereal, Ready-to-eat (dry, cold) Granola	1/2 cup or 56 g	1/4 cup or 28 g
Cornbread (2" x 2 1/2")	2 pieces or 68 g	1 piece or 34 g
Corn Muffin	2 muffins or 68 g	1 muffin or 34 g
Cracker, Animal (~1 1/2" x 1")	30 crackers (~1 cup) or 56 g	15 crackers (~1/2 cup) or 28 g
Cracker, Bear-shaped, Sweet (~1" x 1/2")	48 crackers (1 cup) or 56 g	24 crackers (1/2 cup) or 28 g
Cracker, Cheese, Square, Savory (~1" x 1")	40 crackers (~2/3 cup) or 44 g	20 crackers (1/3 cup) or 22 g
Cracker, Fish-shaped or Similar, Savory (~3/4" x 1/2")	81 crackers (~1 cup) or 44 g	41 crackers (1/2 cup) or 22 g
Cracker, Graham (~2 1/2" x 5" full sheet)	4 full sheets or 56 g	2 full sheets or 28 grams
Cracker, Oyster	108 crackers (1 cup) or 44 g	54 crackers (1/2 cup) or 22 g
Cracker, Round, Savory (1 3/4" across)	14 crackers or 44 g	7 crackers or 22 g
Cracker, Saltine (2"x2")	16 crackers or 44 g	8 crackers or 22 g
Cracker, Thin Wheat Square, Savory (1 1/4"x1 1/4")	23 crackers or 44 g	12 crackers or 22 g
Cracker, Woven Whole Wheat (1 1/2" x 1 1/2")	10 crackers or 44 g	5 crackers or 22 g
Cracker, Zwieback	6 crackers or 44 g	3 crackers or 22 g
Croissant	2 croissants or 68 g	1 croissant or 34 g
English Muffin (top and bottom)	1 muffin or 56 g	1/2 muffin or 28 g
French Toast	2 slices or 138 g	1 slice or 69 g
French Toast Sticks	8 sticks or 138 g	4 sticks or 69 g
Grains (barley, bulgur, quinoa, etc.)	1 cup cooked or 56 g dry	1/2 cup cooked or 28 g dry
Grits	1 cup cooked or 56 g dry	1/2 cup cooked or 28 g dry



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Grain Item and Size	Breakfast, Lunch, Supper	Snack
	Serve at least 2 oz eq which is about...	Serve at least 1 oz eq which is about...
Melba Toast (3 ½" x 1 ½")	8 pieces or 44 g	5 pieces or 22 g
Muffin (all but corn muffins)	2 muffins or 110 g	1 muffin or 55 g
Oatmeal	1 cup cooked or 56 g dry	1/2 cup cooked or 28 g dry
Pancake (~ 4" diameter)	2 pancakes or 68 g	1 pancake or 34 g
Pasta (all shapes – macaroni, spaghetti, etc.)	1 cup cooked or 56 g dry	1/2 cup cooked or 28 g dry
Pita Bread/Round (6 ½ round)	1 pita or 56 g	1/2 pita or 28 g
Popcorn	6 cups or 56 g	3 cups or 28 g
Pretzel, Hard Mini-Twist (1 ¼" x 1 ½")	27 pretzels (1 cup) or 44 g	14 pretzels (2/3 cup) or 22 g
Pretzel, Hard, Thin-Stick (2 ½" long)	62 sticks or 44 g	31 sticks or 22 g
Pretzel Chips	28 chips or 44 g	14 chips or 22 g
Pretzel, Soft	1 pretzel or 56 g	1/2 pretzel or 28 g
Quick Bread (banana, pumpkin, etc.)	2 slices or 110 g	1 slice or 55 g
Rice (all types)	1 cup cooked or 56 g dry	1/2 cup cooked or 28 g dry
Rice Cake	5 1/2 cakes or 44 g	3 cakes or 22 g
Rice Cake, Mini (1 ¾" across)	25 cakes or 44 g	13 cakes or 22 g
Roll (Dinner, White, WW, Potato)	2 rolls or 56 g	1 roll or 28 g
Taco or Tostado Shell, Hard	4 shells or 56 g	2 shells or 28 g
Tortilla, Soft, Corn (~5 ½")	2 1/2 tortillas or 56 g	1 1/4 tortillas or 28 g
Tortilla, Soft, Flour (~6")	2 tortillas or 56 g	1 tortilla or 28 g
Tortilla, Soft, Flour (~8")	1 tortilla or 56 g	1/2 tortilla or 28 g
Tortilla Chips, Round or Large	24 chips (or 36 mini rounds) or 56 g	12 chips (or 18 mini rounds) or 28 g
Wafers, Rye	8 wafers or 44 g	4 wafers or 22 g
Waffles, Square or Round (~ 4")	2 waffles or 68 g	1 waffle or 34 g

What If the Grain Is Different?

If the grain item you want to serve is smaller or lighter than the item in the chart or is not listed above, you will need to use another way to determine how much to serve to meet CACFP meal pattern requirements. Use the *Exhibit A Grains Tool* found on the [Food Buying Guide webpage](#) to determine how many oz eq of grains are in one serving by entering information from the Nutrition Facts Label on the product into the tool.

Grain-Based Desserts (GBD) are not creditable and cannot be served to meet the grains component

- Examples include granola bars, cookies, cake, cereal bars, and toaster pastries.
- For a more extensive list, refer to the [Is it a Grain-Based Dessert?](#) handout or GM 12.
- Even if the GBD is homemade with healthy ingredients, whole grains, or less sugar, it is not creditable.