

**EXHIBIT A: SCHOOL LUNCH AND BREAKFAST**  
**WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR**  
**SCHOOL MEAL PROGRAMS<sup>1,2</sup>**

<b>GROUP A</b>	<b>OZ EQ FOR GROUP A</b>
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mein noodles</li> <li>• Savory Crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry) Note: weights apply to bread in stuffing.</li> </ul>	<p>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</p>
<b>GROUP B</b>	<b>OZ EQ FOR GROUP B</b>
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (sliced whole wheat, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Sweet Crackers<sup>4</sup> (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (whole wheat or whole grain-rich)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (whole wheat or whole grain-rich)</li> <li>• Tortillas (whole wheat or whole corn)</li> <li>• Tortilla chips (whole wheat or whole corn)</li> <li>• Taco shells (whole wheat or whole corn)</li> </ul>	<p>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</p>
<b>GROUP C</b>	<b>OZ EQ FOR GROUP C</b>
<ul style="list-style-type: none"> <li>• Cookies<sup>3</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>, cobbler<sup>3</sup>, fruit turnovers<sup>4</sup>, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	<p>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</p>

<sup>1</sup> The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

<sup>2</sup> Some of the following grains 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 as dessert at lunch as specified in §210.10.

<sup>4</sup> Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

<b>GROUP D</b>	<b>OZ EQ FOR GROUP D</b>
<ul style="list-style-type: none"> <li>• Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>• Cereal bars, breakfast bars, 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>	1 oz eq = 55 gm or 2.0 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
<b>GROUP E</b>	<b>OZ EQ FOR GROUP E</b>
<ul style="list-style-type: none"> <li>• Cereal bars, breakfast bars, granola bars<sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)</li> <li>• Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>• Doughnuts<sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>• French toast</li> <li>• Sweet rolls<sup>4</sup> (frosted)</li> <li>• Toaster pastry<sup>4</sup> (frosted)</li> </ul>	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
<b>GROUP F</b>	<b>OZ EQ 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>	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
<b>GROUP G</b>	<b>OZ EQ 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>	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
<b>GROUP H</b>	<b>OZ EQ FOR GROUP H</b>
<ul style="list-style-type: none"> <li>• Cereal Grains (barley, quinoa, etc)</li> <li>• Breakfast cereals (cooked)<sup>5,6</sup></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>	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
<b>GROUP I</b>	<b>OZ EQ FOR GROUP I</b>
<ul style="list-style-type: none"> <li>• Ready to eat breakfast cereal (cold, dry)<sup>5,6</sup></li> </ul>	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

<sup>5</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 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.

<sup>6</sup> Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

# Section 3 Grains

Section 3 – Grains					
1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
<b>BARLEY</b>					
<b>Barley (Group H)</b> <i>Hulled Dry</i>	Pound	42.00	¼ cup cooked	2.4	1 lb dry = about 2 ⅓ cups dry barley
	Pound	21.20	½ cup cooked	4.8	
	Pound	14.10	¾ cup cooked	7.1	
<b>BREAD<sup>2</sup></b>					
<b>Bread (Group B)</b> <i>Sliced Fresh</i> <i>Includes: All types Enriched White <sup>1</sup>, Whole Wheat and Enriched Flour Blend<sup>3</sup>, and Whole Wheat breads</i>	Pound	32.00	½ grains serving (½ slice; must weigh at least 14 g or 0.5 oz)	3.2	
	Pound	16.00	1 grains serving (1 slice; must weigh at least 28 g or 1.0 oz)	6.3	
<b>BREAD STICKS</b>					
<b>Bread Sticks (Group A)</b> <i>Includes: All types Enriched White <sup>1</sup>, Whole Wheat and Enriched Flour Blend<sup>3</sup>, and Whole Wheat Hard</i>	Pound	45.30	½ grains serving (about 2 sticks; must weigh at least 11 g or 0.4 oz)	2.2	
	Pound	22.60	1 grains serving (about 3 sticks; must weigh at least 22 g or 0.8 oz)	4.5	
<b>BULGUR</b>					
<b>Bulgur (Group H)</b> <i>Dry</i>	Pound	39.20	¼ cup cooked	2.6	1 lb dry = about 3 cups dry bulgur
	Pound	19.60	½ cup cooked	5.1	
	Pound	13.00	¾ cup cooked	7.7	
<b>CEREAL GRAINS</b>					
<b>Cereal Grains Amaranth (Group H)</b> <i>Dry</i>	Pound	19.60	¼ cup cooked	5.1	1 lb dry = about 2 ⅓ cups dry or 2.70 lb (about 4 ⅝ cups) cooked amaranth when prepared with 2 parts water to 1 part dry amaranth
	Pound	9.82	½ cup cooked	10.2	
	Pound	6.54	¾ cup cooked	15.3	

<sup>1</sup> Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>2</sup> The number of slices per purchase unit does not include the end slices.

<sup>3</sup> Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

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<b>1</b> Food As Purchased, AP	<b>2</b> Purchase Unit	<b>3</b> Servings Per Purchase Unit, EP	<b>4</b> Serving Size Per Meal Contribution	<b>5</b> Purchase Unit for 100 Servings	<b>6</b> Additional Information
<b>CEREAL GRAINS (Continued)</b>					
Cereal Grains <b>Buckwheat (Group H)</b> <i>Dry</i>	Pound	22.80	¼ cup cooked	4.4	1 lb dry = about 2 ⅓ cups dry or 3.06 lb (about 5 ⅔ cups) cooked buckwheat when prepared with 2 parts water to 1 part dry buckwheat
	Pound	11.40	½ cup cooked	8.8	
	Pound	7.61	¾ cup cooked	13.2	
Cereal Grains <b>Cornmeal (Group H)</b> <i>Enriched<sup>1</sup> Dry</i>	Pound	50.70	¼ cup cooked	2.0	1 lb dry = about 3 cups dry enriched cornmeal
	Pound	25.30	½ cup cooked	4.0	
	Pound	16.90	¾ cup cooked	6.0	
Cereal Grains <b>Cornmeal (Group H)</b> <i>Stone ground<sup>3</sup> Dry</i>	Pound	57.30	¼ cup cooked	1.8	1 lb dry = about 3 ⅝ cups dry stone ground cornmeal
	Pound	28.60	½ cup cooked	3.5	
	Pound	19.10	¾ cup cooked	5.3	
Cereal Grains <b>Corn Grits (Group H)</b> <i>Instant, Enriched<sup>1</sup> Dry</i>	Pound	54.70	¼ cup cooked	1.9	1 lb dry = about 5 ¾ cups dry instant enriched corn grits
	Pound	27.40	½ cup cooked	3.7	
	Pound	18.20	¾ cup cooked	5.5	
Cereal Grains <b>Corn Grits (Group H)</b> <i>Quick, Enriched<sup>1</sup> Dry</i>	Pound	45.00	¼ cup cooked	2.3	1 lb dry = about 2 ¾ cups dry quick enriched grits
	Pound	22.40	½ cup cooked	4.5	
	Pound	15.00	¾ cup cooked	6.7	
Cereal Grains <b>Corn Grits (Group H)</b> <i>Regular, Enriched<sup>1</sup> Dry</i>	Pound	50.30	¼ cup cooked	2.0	1 lb dry = about 2 ¾ cups dry regular enriched grits
	Pound	25.10	½ cup cooked	4.0	
	Pound	16.70	¾ cup cooked	6.0	
Cereal Grains <b>Corn Grits (Group H)</b> <i>Whole Corn Regular Dry</i>	Pound	43.50	¼ cup cooked	2.3	1 lb dry = about 3 cups dry whole corn grits  1 lb dry = about 10 ⅞ cups cooked
	Pound	21.75	½ cup cooked	4.6	
	Pound	14.50	¾ cup cooked	6.9	

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<sup>3</sup> Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
<b>CEREAL GRAINS (Continued)</b>					
Cereal Grains <b>Farina (Group H)</b> <i>Instant, Enriched<sup>1</sup> Dry</i>	Pound	45.50	¼ cup cooked	2.2	1 lb dry = about 2 ¾ cups dry instant enriched farina
	Pound	22.70	½ cup cooked	4.4	
	Pound	15.10	¾ cup cooked	6.6	
Cereal Grains <b>Farina (Group H)</b> <i>Regular, Enriched<sup>1</sup> Dry</i>	Pound	58.90	¼ cup cooked	1.7	1 lb dry = about 2 ½ cups dry regular enriched farina
	Pound	29.40	½ cup cooked	3.4	
	Pound	19.60	¾ cup cooked	5.1	
Cereal Grains <b>Farina (Group H)</b> <i>Quick, Enriched<sup>1</sup> Dry</i>	Pound	58.10	¼ cup cooked	1.8	1 lb dry = about 2 ½ cups dry quick enriched farina
	Pound	29.00	½ cup cooked	3.5	
	Pound	19.30	¾ cup cooked	5.2	
Cereal Grains <b>Farina (Group H)</b> <i>Whole Wheat Quick Dry</i>	Pound	51.50	¼ cup cooked	2.0	1 lb dry = about 2 ½ cups dry whole wheat quick farina
	Pound	25.70	½ cup cooked	3.9	
	Pound	17.10	¾ cup cooked	5.9	1 lb dry = about 12 ⅞ cups cooked
Cereal Grains <b>Kasha (Group H)</b> <i>Dry</i>	Pound	21.10	¼ cup cooked	4.8	1 lb dry = about 2 ¾ cups dry or 2.92 lb (about 5 ¼ cups) cooked kasha when prepared with 2 parts water to 1 part dry kasha
	Pound	10.50	½ cup cooked	9.6	
	Pound	7.050	¾ cup cooked	14.2	
Cereal Grains <b>Millet (Group H)</b> <i>Dry</i>	Pound	22.90	¼ cup cooked	4.4	1 lb dry = about 2 ⅞ cups dry or 2.30 lb (about 5 ⅝ cups) cooked millet when prepared with 1 ½ parts water to 1 part dry millet
	Pound	11.40	½ cup cooked	8.8	
	Pound	7.64	¾ cup cooked	13.1	
Cereal Grains <b>Oats (Group H)</b> <i>Rolled Instant Dry</i>	Pound	46.90	¼ cup cooked	2.2	1 lb dry = about 5 ⅔ cups dry instant rolled oats
	Pound	23.40	½ cup cooked	4.3	
	Pound	15.60	¾ cup cooked	6.5	

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Section 3 – Grains					
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Food As Purchased, AP	Purchase Unit	Servings Per Purchase Unit, EP	Serving Size Per Meal Contribution	Purchase Unit for 100 Servings	Additional Information
<b>CEREAL GRAINS (Continued)</b>					
Cereal Grains <b>Oats (Group H)</b> <i>Rolled Quick Dry</i>	Pound	47.60	¼ cup cooked	2.1	1 lb dry = about 6 ¼ cups dry quick rolled oats
	Pound	23.80	½ cup cooked	4.2	
	Pound	15.80	¾ cup cooked	6.4	
Cereal Grains <b>Oats (Group H)</b> <i>Rolled Regular Dry Includes USDA Foods</i>	Pound	45.40	¼ cup cooked	2.2	1 lb dry = about 6 cups dry regular rolled oats
	Pound	22.70	½ cup cooked	4.4	
	Pound	15.10	¾ cup cooked	6.7	
Cereal Grains <b>Quinoa (Group H)</b> <i>Dry</i>	Pound	26.40	¼ cup cooked	3.8	1 lb dry = about 2 ½ cups dry or 2.51 lb (6 ½ cups) cooked quinoa when prepared with 2 parts water to 1 part dry quinoa
	Pound	13.20	½ cup cooked	7.6	
	Pound	8.81	¾ cup cooked	11.4	
Cereal Grains <b>Wheat Berries (Group H)</b> <i>Dry</i>	Pound	24.00	¼ cup cooked	4.2	1 lb dry = about 2 ¼ cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries
	Pound	12.00	½ cup cooked	8.4	
	Pound	8.00	¾ cup cooked	12.5	
Cereal Grains <b>Wheat Cereal (Group H)</b> <i>Instant, Enriched<sup>1</sup> or Whole Wheat Dry</i>	Pound	49.10	¼ cup cooked	2.1	1 lb dry = about 4 cups dry, instant wheat cereal
	Pound	24.50	½ cup cooked	4.1	
	Pound	16.30	¾ cup cooked	6.2	
Cereal Grains <b>Wheat Cereal (Group H)</b> <i>Regular, Enriched<sup>1</sup> or Whole Wheat Dry</i>	Pound	49.20	¼ cup cooked	2.1	1 lb dry = about 3 ½ cups dry regular wheat cereal
	Pound	24.60	½ cup cooked	4.1	
	Pound	16.40	¾ cup cooked	6.1	

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<b>CEREAL GRAINS (Continued)</b>					
Cereal Grains <b>Wheat, Rolled (Group H)</b> <i>Dry</i>	Pound	38.00	¼ cup cooked	2.7	1 lb dry = about 2 ¾ cup dry or 4.83 lb (about 9 ½ cups) cooked rolled oats when prepared with 3 ½ parts water to 1 part dry rolled wheat
	Pound	19.00	½ cup cooked	5.3	
	Pound	12.60	¾ cup cooked	8.0	
<b>CEREALS, READY-TO-EAT</b>					
Cereals, Ready-to-eat <b>Wheat, Corn, Rice, Oats, Granola</b> <sup>1,3</sup> <b>(Group I)</b>	Single Serve Package	1.00	1 grains serving (1 cup or 1.0 oz for flakes and rounds; 1.25 cups or 1.0 oz for puffed cereal; ¼ cup or 1 oz for granola)	100.0	Package contents vary with the cereal-flakes, biscuits, shreds, granules, etc.
<b>CHOW MEIN NOODLES</b>					
<b>Chow Mein Noodles (Group A)</b> <i>Enriched</i> <sup>1</sup>	Pound	34.80	½ grains serving (about ¼ cup; must weigh at least 11 g or 0.4 oz)	2.9	
	Pound	17.40	1 grains serving (about ½ cup; must weigh at least 22 g or 0.8 oz)	5.8	
<b>Corn Chips (Tortilla Chips)</b> <sup>1,3</sup>					
<b>Corn Chips (Group B)</b>	Pound	20.00	¾ grains serving (about ½ cup; must weigh at least 21 g or 0.75 oz)	5.0	
	Pound	15.00	1 grains serving (about ⅔ cup; must weigh at least 28 grams or 1.0 oz)	6.7	
<b>COUSCOUS</b>					
<b>Couscous (Group H)</b> <i>Regular, Enriched</i> <sup>1</sup> <i>Dry</i>	Pound	29.10	¼ cup cooked	3.5	1 lb dry = about 2 ¾ cups dry enriched couscous
	Pound	14.50	½ cup cooked	6.9	Add 3 ¼ cups water to 1 lb dry enriched couscous
	Pound	9.71	¾ cup cooked	10.3	1 lb dry = 2.55 lb (about 7 ¼) cups cooked

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<b>COUSCOUS (Continued)</b>					
<b>Couscous (Group H)</b> <i>Dry Whole Wheat</i>	Pound	27.00	¼ cup cooked	3.8	1 lb dry = about 2 ½ cups dry whole wheat couscous
	Pound	13.50	½ cup cooked	7.5	
	Pound	9.00	¾ cup cooked	11.2	1 lb dry = about 6 ¾ cups cooked
<b>CROUTONS</b>					
<b>Croutons (Group A)</b> <i>Prepackaged Enriched<sup>1</sup> Dry</i>	Pound	44.60	½ grains serving (about ¼ cup dry; must weigh at least 11 g or 0.4 oz)	2.3	1 lb dry = about 11 ⅓ cups dry enriched croutons
	Pound	22.30	1 grains serving (about ½ cup dry; must weigh at least 22 g or 0.8 oz)	4.5	
<b>GRAHAM CRACKERS</b>					
<b>Graham Crackers<sup>1,3</sup> (Group B)</b>	Pound	32.40	½ grains serving (about 2 crackers; must weigh at least 14 g or 0.5 oz)	3.1	1 lb AP = about 64 crackers
	Pound	21.30	1 grains serving (about 4 crackers; must weigh at least 28 g or 1.0 oz)	4.7	
<b>MELBA TOAST</b>					
<b>Melba Toast (Group A)</b> <i>Enriched<sup>1</sup></i>	Pound	37.80	½ grains serving (about 2 pieces; must weigh at least 11 g or 0.4 oz)	3.1	
	Pound	22.20	1 grains serving (about 5 pieces; must weigh at least 22 g or 0.8 oz)	4.7	
<b>PASTA<sup>4</sup></b>					
<b>Pasta (Group H)</b> <i>Bowties Large size Enriched<sup>1</sup> Dry</i>	Pound	25.10	¼ cup cooked	4.0	1 lb dry = about 7 ½ cups dry enriched bowtie pasta
	Pound	12.50	½ cup cooked	8.0	
	Pound	8.39	¾ cup cooked	12.0	1 lb dry = 2.66 lb (about 6 ¼) cups cooked boiled 17 min

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<sup>3</sup> Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>4</sup> The yield for pasta will vary depending on the type and shape of pasta, how it is cooked, the amount of water used and the drain time.



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<b>PASTA <sup>4</sup> (Continued)</b>					
<b>Pasta (Group H)</b> <i>Bowties</i> Regular size Whole Wheat Dry	Pound	28.50	¼ cup cooked	3.6	1 lb dry = about 5 ¾ cups dry whole wheat bowtie pasta
	Pound	14.20	½ cup cooked	7.1	
	Pound	9.50	¾ cup cooked	10.6	
<b>Pasta (Group H)</b> <i>Elbow Macaroni</i> Regular Enriched <sup>1</sup> Dry	Pound	39.00	¼ cup cooked	2.6	1 lb dry = about 3 ½ cups dry enriched elbow macaroni
	Pound	19.50	½ cup cooked	5.2	
	Pound	13.00	¾ cup cooked	7.7	
<b>Pasta (Group H)</b> <i>Elbow Macaroni</i> Whole Wheat Regular Dry Includes USDA Foods	Pound	32.50	¼ cup cooked	3.1	1 lb dry = about 3 ⅝ cups dry whole wheat elbow macaroni
	Pound	16.20	½ cup cooked	6.2	
	Pound	10.80	¾ cup cooked	9.3	
<b>Pasta (Group H)</b> <i>Elbow Macaroni</i> Whole Wheat and Enriched Flour Blend <sup>3</sup> Regular Dry Includes USDA Foods	Pound	34.00	¼ cup cooked	3.0	1 lb dry = about 3 ¾ cups dry whole wheat & enriched elbow macaroni
	Pound	17.00	½ cup cooked	5.9	
	Pound	11.30	¾ cup cooked	8.9	
<b>Pasta (Group H)</b> <i>Elbow Pasta</i> Whole Grain (brown rice) Regular Dry	Pound	34.50	¼ cup cooked	2.9	1 lb dry = about 4 ½ cups dry whole grain elbow pasta
	Pound	17.20	½ cup cooked	5.9	
	Pound	11.50	¾ cup cooked	8.7	
<b>Pasta (Group H)</b> <i>Noodles, Egg</i> Medium, Enriched <sup>1</sup> Dry	Pound	40.30	¼ cup cooked	2.5	1 lb dry = about 11 ⅞ cups dry enriched egg noodles
	Pound	20.10	½ cup cooked	5.0	
	Pound	13.40	¾ cup cooked	7.5	

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<sup>4</sup> The yield for pasta will vary depending on the type and shape of pasta, how it is cooked, the amount of water used and the drain time.

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<b>PASTA <sup>4</sup> (Continued)</b>					
<b>Pasta (Group H)</b> <i>Noodles</i> <i>Lasagna, Enriched <sup>1</sup></i> <i>Dry</i>	Pound	28.30	¼ cup cooked	3.6	1 lb dry = about 21 pieces dry enriched lasagna noodles
	Pound	14.10	½ cup cooked	7.1	
	Pound	9.46	¾ cup cooked	10.6	
<b>Pasta (Group H)</b> <i>Noodles</i> <i>Lasagna</i> <i>Whole Wheat</i> <i>Dry</i>	Pound	27.00	¼ cup cooked	3.8	1 lb dry = about 4 ⅝ cups dry pieces of whole wheat lasagna noodles
	Pound	13.50	½ cup cooked	7.5	
	Pound	9.00	¾ cup cooked	11.2	
<b>Pasta (Group H)</b> <i>Noodles</i> <i>Lasagna</i> <i>Whole Wheat and Enriched Flour Blend <sup>3</sup></i> <i>Dry</i>	Pound	32.50	¼ cup cooked	3.1	1 lb dry = about 5 ⅞ cups dry pieces of whole wheat & enriched lasagna noodles
	Pound	16.20	½ cup cooked	6.2	
	Pound	10.80	¾ cup cooked	9.3	
<b>Pasta (Group H)</b> <i>Noodles</i> <i>Lasagna sheets</i> <i>Enriched <sup>1</sup></i> <i>Frozen</i>	Pound	13.90	¼ cup cooked	7.2	1 lb frozen = about 3 ¾ frozen enriched lasagna sheets
	Pound	6.96	½ cup cooked	14.4	
	Pound	4.64	¾ cup cooked	21.6	
<b>Pasta (Group H)</b> <i>Noodles</i> <i>Ramen</i> <i>Enriched <sup>1</sup></i> <i>Dry</i>	Pound	25.40	¼ cup cooked	4.0	1 lb dry = about 5 ½ cups dry enriched ramen noodles
	Pound	12.70	½ cup cooked	7.9	
	Pound	8.48	¾ cup cooked	11.8	
<b>Pasta (Group H)</b> <i>Orzo, Enriched <sup>1</sup></i> <i>Dry</i>	Pound	25.50	¼ cup cooked	4.0	1 lb dry = about 2 ⅜ cups dry enriched orzo pasta
	Pound	12.70	½ cup cooked	7.9	
	Pound	8.53	¾ cup cooked	11.8	

<sup>1</sup> Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>2</sup> Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>3</sup> The yield for pasta will vary depending on the type and shape of pasta, how it is cooked, the amount of water used and the drain time

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<b>1</b> Food As Purchased, AP	<b>2</b> Purchase Unit	<b>3</b> Servings Per Purchase Unit, EP	<b>4</b> Serving Size Per Meal Contribution	<b>5</b> Purchase Unit for 100 Servings	<b>6</b> Additional Information
<b>PASTA <sup>4</sup> (Continued)</b>					
<b>Pasta (Group H)</b> <i>Orzo</i> <i>Whole wheat</i> <i>Dry</i>	Pound	30.00	¼ cup cooked	3.4	1 lb dry = about 2 ⅞ cups dry whole wheat orzo pasta
	Pound	15.00	½ cup cooked	6.7	
	Pound	10.00	¾ cup cooked	10	
<b>Pasta (Group H)</b> <i>Penne, Enriched <sup>1</sup></i> <i>Dry</i>	Pound	31.20	¼ cup cooked	3.2	1 lb dry = about 5 ⅞ cups dry enriched penne pasta
	Pound	15.60	½ cup cooked	6.5	
	Pound	10.40	¾ cup cooked	9.7	
<b>Pasta (Group H)</b> <i>Penne</i> <i>Whole Wheat</i> <i>Dry</i> <i>Includes USDA</i> <i>Foods</i>	Pound	34.50	¼ cup cooked	2.9	1 lb dry = about 5 ⅜ cups dry whole wheat penne pasta
	Pound	17.20	½ cup cooked	5.9	
	Pound	11.50	¾ cup cooked	8.7	
<b>Pasta (Group H)</b> <i>Penne</i> <i>Whole Wheat and</i> <i>Enriched Flour</i> <i>Blend <sup>3</sup></i> <i>Dry</i> <i>Includes USDA</i> <i>Foods</i>	Pound	34.50	¼ cup cooked	2.9	1 lb dry = about 4 ⅜ cups dry whole wheat and enriched penne pasta
	Pound	17.20	½ cup cooked	5.9	
	Pound	11.50	¾ cup cooked	8.7	
<b>Pasta (Group H)</b> <i>Shells</i> <i>Large, Enriched <sup>1</sup></i> <i>(for stuffing)</i> <i>Dry</i>	Pound	30.50	¼ cup cooked	3.3	1 lb dry = about 5 ⅞ cups dry enriched shells pasta
	Pound	15.20	½ cup cooked	6.6	
	Pound	10.10	¾ cup cooked	10	
<b>Pasta (Group H)</b> <i>Shells</i> <i>Medium, Enriched <sup>1</sup></i> <i>Dry</i>	Pound	26.70	¼ cup cooked	3.8	1 lb dry = about 6 cups dry, medium enriched shells pasta
	Pound	13.30	½ cup cooked	7.6	
	Pound	8.93	¾ cup cooked	11.2	
					¼ cup cooked= about 17 shells boiled 12 min

<sup>1</sup> Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>3</sup> Contains a minimum of 50% whole grains and meets Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>4</sup> The yield for pasta will vary depending on the type and shape of pasta, how it is cooked, the amount of water used and the drain time.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
<b>PASTA <sup>4</sup> (Continued)</b>					
<b>Pasta (Group H)</b> <i>Shells</i> <i>Whole Wheat</i> <i>Medium</i> <i>Dry</i>	Pound	30.50	¼ cup cooked	3.3	1 lb dry = about 5 ¾ cups dry whole wheat shells pasta
	Pound	15.20	½ cup cooked	6.6	
	Pound	10.10	¾ cup cooked	10	
<b>Pasta (Group H)</b> <i>Shells</i> <i>Whole Wheat and Enriched Flour Blend</i> <sup>3</sup> <i>Medium</i> <i>Dry</i>	Pound	38.50	¼ cup cooked	2.6	1 lb dry = about 5 ⅞ cups dry whole wheat and enriched shells pasta  1 lb dry = about 9 ⅝ cups cooked
	Pound	19.20	½ cup cooked	5.3	
	Pound	12.80	¾ cup cooked	7.9	
<b>Pasta (Group H)</b> <i>Spaghetti</i> <i>Regular, Enriched</i> <sup>1</sup> <i>Dry</i>	Pound	21.20	¼ cup cooked, pieces	4.8	1 lb dry = about 3 ¼ cups dry enriched spaghetti pieces  1 lb dry = 2.37 lb (about 5 ¼ cups) al dente cooked boiled 8 min
	Pound	10.60	½ cup cooked, pieces	9.5	
	Pound	7.06	¾ cup cooked, pieces	14.2	
<b>Pasta (Group H)</b> <i>Spaghetti</i> <i>Whole Wheat</i> <i>Regular</i> <i>Dry</i> <i>Includes USDA Foods</i>	Pound	34.00	¼ cup cooked, pieces	3	1 lb dry = about 4 ¾ cups dry pieces of whole wheat spaghetti  1 lb dry = about 8 ½ cups cooked
	Pound	17.00	½ cup cooked, pieces	5.9	
	Pound	11.30	¾ cup cooked, pieces	8.9	
<b>Pasta (Group H)</b> <i>Spaghetti</i> <i>Whole Wheat and Enriched Flour Blend</i> <sup>3</sup> <i>Regular</i> <i>Dry</i> <i>Includes USDA Foods</i>	Pound	35.50	¼ cup cooked, pieces	2.9	1 lb dry = about 4 ¾ cups dry pieces of whole wheat and enriched spaghetti  1 lb dry = about 8 ⅞ cups cooked
	Pound	17.70	½ cup cooked, pieces	5.7	
	Pound	11.80	¾ cup cooked, pieces	8.5	
<b>Pasta (Group H)</b> <i>Spaghetti</i> <i>Whole Grain (brown rice)</i> <i>Regular</i> <i>Dry</i>	Pound	24.50	¼ cup cooked, pieces	4.1	1 lb dry = about 4 cups dry pieces of whole grain spaghetti  1 lb dry = about 6 ⅞ cups cooked
	Pound	12.20	½ cup cooked, pieces	8.2	
	Pound	8.10	¾ cup cooked, pieces	12.4	
<b>Pasta (Group H)</b> <i>Spiral (Rotini)</i> <i>Enriched</i> <sup>1</sup> <i>Dry</i>	Pound	33.80	¼ cup cooked	3.0	1 lb dry = about 5 ¾ cups dry enriched spiral pasta
	Pound	16.90	½ cup cooked	6.0	
	Pound	11.20	¾ cup cooked	9.0	

<sup>1</sup> Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>3</sup> Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>4</sup> The yield for pasta will vary depending on the type and shape of pasta, how it is cooked, the amount of water used and the drain time.

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<b>1</b> Food As Purchased, AP	<b>2</b> Purchase Unit	<b>3</b> Servings Per Purchase Unit, EP	<b>4</b> Serving Size Per Meal Contribution	<b>5</b> Purchase Unit for 100 Servings	<b>6</b> Additional Information
<b>PASTA <sup>4</sup> (Continued)</b>					
<b>Pasta (Group H)</b> <i>Spiral (Rotini)</i> <i>Whole Wheat Dry</i> <i>Includes USDA Foods</i>	Pound	38.00	¼ cup cooked	2.7	1 lb dry = about 6 ¾ cups dry whole wheat spiral pasta
	Pound	19.00	½ cup cooked	5.2	
	Pound	12.60	¾ cup cooked	8	
<b>Pasta (Group H)</b> <i>Spiral (Rotini)</i> <i>Whole Wheat and Enriched Flour Blend <sup>3</sup></i> <i>Dry</i> <i>Includes USDA Foods</i>	Pound	33.00	¼ cup cooked	3.1	1 lb dry = about 4 ⅝ cups dry whole wheat and enriched spiral pasta  1 lb dry = about 8 ¼ cups cooked
	Pound	16.50	½ cup cooked	6.1	
	Pound	11.00	¾ cup cooked	9.1	
<b>Pasta (Group H)</b> <i>Wagon Wheels</i> <i>Medium size, Enriched <sup>1</sup></i> <i>Dry</i>	Pound	31.10	¼ cup cooked	3.3	1 lb dry = about 5 cups dry, enriched wagon wheel pasta  1 lb dry = 2.79 lb (about 7 ¾ cups) cooked boiled 12 min
	Pound	15.50	½ cup cooked	6.5	
	Pound	10.30	¾ cup cooked	9.7	
<b>RICE <sup>5</sup></b>					
<b>Rice (Group H)</b> <i>Brown</i> <i>Instant</i> <i>Dry</i>	Pound	28.80	¼ cup cooked	3.5	1 lb dry = about 4 ⅝ cups dry brown rice  1 lb dry = about 7 ⅝ cups cooked  1 cup dry = about 1 ⅔ cups cooked
	Pound	14.40	½ cup cooked	7.0	
	Pound	9.62	¾ cup cooked	10.4	
<b>Rice (Group H)</b> <i>Brown</i> <i>Long grain</i> <i>Regular, Dry</i> <i>Includes USDA Foods</i>	Pound	17.50	¼ cup cooked	5.8	1 lb dry = about 2 ½ cups dry brown rice  1 lb dry = about 4 ⅝ cups cooked  1 cup dry = about 1 ¾ cups cooked
	Pound	8.75	½ cup cooked	11.5	
	Pound	5.83	¾ cup cooked	17.2	

<sup>1</sup> Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>3</sup> Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>4</sup> The yield for pasta will vary depending on the type and shape of pasta, how it is cooked, the amount of water used and the drain time.

<sup>5</sup> The yield for rice differs depending on how it is cooked. The yields provided in this guide represent the lower range of the average yield for each type of rice.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
<b>RICE <sup>5</sup> (Continued)</b>					
<b>Rice (Group H)</b> <i>Brown Long grain Parboiled Dry</i>	Pound	31.00	¼ cup cooked	3.3	1 lb dry = about 2 ⅞ cups dry brown rice
	Pound	15.50	½ cup cooked	6.5	1 lb dry = about 7 ¾ cups cooked
	Pound	10.30	¾ cup cooked	9.8	
<b>Rice (Group H)</b> <i>White Long grain Parboiled, Enriched <sup>1</sup> Dry Includes USDA Foods</i>	Pound	17.50	¼ cup cooked	5.8	1 lb dry = about 2 ½ cups dry enriched rice
	Pound	8.75	½ cup cooked	11.5	1 lb dry = about 4 ⅜ cups cooked
	Pound	5.83	¾ cup cooked	17.2	1 cup dry = about 1 ¾ cups cooked
<b>Rice (Group H)</b> <i>White Long grain Instant, Enriched <sup>1</sup> Dry</i>	Pound	28.00	¼ cup cooked	3.6	1 lb dry = about 4 ½ cups dry enriched rice
	Pound	14.00	½ cup prepared with boiling water	7.2	1 lb dry = about 7 cups cooked
	Pound	7.00	¾ cup prepared with boiling water	14.3	1 cup dry = about 1 ½ cups cooked
<b>Rice (Group H)</b> <i>White Long grain Regular, Enriched <sup>1</sup> Dry</i>	Pound	30.00	¼ cup cooked	3.4	1 lb dry = about 2 ⅓ cups dry enriched rice
	Pound	15.00	½ cup cooked	6.7	1 lb dry = about 7 ½ cups cooked
	Pound	10.00	¾ cup cooked	10.0	1 cup dry = about 3 ¼ cups cooked
<b>Rice (Group H)</b> <i>White Medium grain Regular, Enriched <sup>1</sup> Dry</i>	Pound	27.00	¼ cup cooked	3.8	1 lb dry = about 2 ¼ cups dry enriched rice
	Pound	13.50	½ cup cooked	7.5	1 lb dry = about 6 ¾ cups cooked
	Pound	9.00	¾ cup cooked	11.2	1 cup dry = about 3 cups cooked

<sup>1</sup> Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>5</sup> The yield for rice differs depending on how it is cooked. The yields provided in this guide represent the lower range of the average yield for each type of rice.

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<b>1</b> Food As Purchased, AP	<b>2</b> Purchase Unit	<b>3</b> Servings Per Purchase Unit, EP	<b>4</b> Serving Size Per Meal Contribution	<b>5</b> Purchase Unit for 100 Servings	<b>6</b> Additional Information
<b>RICE CAKES</b> <sup>6</sup>					
<b>Rice Cakes (Group A)</b> <i>Puffed</i> <i>Includes seeds, enriched or other whole grains</i>	Package (average 5.25 oz)	10.70	½ grains serving (about 1 ½ cakes, puffed; must weigh at least 11 g or 0.4 oz)	9.3	1 lb AP = about 48 rice cakes
<b>RYE WAFERS</b>					
<b>Rye Wafers (Group A)</b>	Pound	36.00	½ grains serving (about 2 wafers; must weigh at least 11 g or 0.4 oz)	2.8	
<b>SALTINES</b>					
<b>Saltines (Group A)</b> <i>Enriched</i> <sup>1</sup>	Pound	41.20	½ grains serving (about 4 crackers; must weigh at least 11 g or 0.4 oz)	2.5	
	Pound	20.60	1 grains serving (about 8 crackers; must weigh at least 22 g or 0.8 oz)	4.9	
<b>SOBA NOODLES</b>					
<b>Soba Noodles (Group H)</b> <i>Whole Grain</i>	Pound	27.5	¼ cup cooked, pieces	3.7	1 lb dry = about 4 ¾ cups dry pieces of whole grain soba noodles  1 lb dry = about 6 ⅞ cups cooked
	Pound	13.75	½ cup cooked, pieces	7.3	
	Pound	9.16	¾ cup cooked, pieces	11	
<b>SODA CRACKERS</b>					
<b>Soda Crackers (Group A)</b> <i>Enriched</i> <sup>1</sup>	Pound	45.00	½ grains serving (about 2 crackers; must weigh at least 11 g or 0.4 oz)	2.3	
	Pound	22.50	1 grains serving (about 8 crackers; must weigh at least 22 g or 0.8 oz)	4.5	

<sup>1</sup> Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>6</sup> Does not include popcorn cakes or popcorn in combination with other grains since popcorn is not creditable towards school meal pattern requirements.

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<b>TACO/TOSTADA SHELLS</b>					
<b>Taco/Tostada Shells (Group B)</b>	Dozen	12.00	½ grains serving (about 1 taco/tostada shell; must weigh at least 14 g or 0.5 oz)	8.4	
	Dozen	6.00	1 grains serving (about 2 taco/tostada shells; must weigh at least 28 g or 1.0 oz)		
<b>WILD RICE <sup>5</sup></b>					
<b>Wild Rice (Group H)</b> <i>Dry</i>	Pound	34.80	¼ cup cooked	2.9	1 lb dry = about 2 ⅔ cups dry wild rice
	Pound	17.40	½ cup cooked	5.8	Add 2 ½ cups water to 1 cup dry rice
	Pound	11.60	¾ cup cooked	8.7	1 lb dry = 2.55 lb (about 8 ⅔ cups) cooked
<b>Wild Rice and Enriched White Rice Mix <sup>1,3</sup> (Group H)</b> <i>Dry</i>	Pound	28.70	¼ cup cooked	3.5	1 lb dry = about 2 ⅔ cups dry wild rice and enriched white rice mix
	Pound	14.30	½ cup cooked	7.0	Add 2 ¼ cups water to 1 cup dry rice
	Pound	9.57	¾ cup cooked	10.5	1 lb dry = 3.21 lb (about 7 ⅙ cups) cooked
<b>ZWEIBACK</b>					
<b>Zweiback (Group A)</b> <i>Enriched <sup>1</sup></i>	Pound	32.40	½ grains serving (about 2 pieces; must weigh at least 11 g or 0.4 oz)	3.1	
	Pound	21.30	1 grains serving (about 3 pieces; must weigh at least 22 g or 0.8 oz)	4.7	

<sup>1</sup> Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>3</sup> Contains a minimum of 50% whole grains and meets the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>5</sup> The yield for rice differs depending on how it is cooked. The yields provided in this guide represent the lower range of the average yield for each type of rice.