

# EXHIBIT A: SCHOOL LUNCH AND BREAKFAST

WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ)  
REQUIREMENTS FOR SCHOOL MEAL PROGRAMS <sup>1, 2</sup>

GROUP A	OZ EQ FOR GROUP A
<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>
GROUP B	OZ EQ FOR GROUP 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>
GROUP C	OZ EQ FOR GROUP C
<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.

GROUP D	OZ EQ FOR GROUP D
<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>	<p>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</p>
GROUP E	OZ EQ FOR GROUP E
<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>	<p>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</p>
GROUP F	OZ EQ FOR GROUP F
<ul style="list-style-type: none"> <li>▪ Cake <sup>3</sup> (plain, unfrosted)</li> <li>▪ Coffee cake <sup>4</sup></li> </ul>	<p>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</p>
GROUP G	OZ EQ FOR GROUP G
<ul style="list-style-type: none"> <li>▪ Brownies <sup>3</sup> (plain)</li> <li>▪ Cake <sup>3</sup> (all varieties, frosted)</li> </ul>	<p>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</p>
GROUP H	OZ EQ FOR GROUP H
<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>	<p>1 oz eq = 1/2 cup cooked or  1 ounce (28 g) dry</p>
GROUP I	OZ EQ FOR GROUP I
<ul style="list-style-type: none"> <li>▪ Ready to eat breakfast cereal (cold, dry) <sup>5, 6</sup></li> </ul>	<p>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</p>

<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.

# Exhibit A Ranges

## Group A

2 oz eq = 44-49 gm  
1¾ oz eq = 39-43 gm  
1½ oz eq = 33-38 gm  
1¼ oz eq = 28-32 gm  
1 oz eq = 22-27 gm  
¾ oz eq = 17-21 gm  
½ oz eq = 11-16 gm  
¼ oz eq = 6-10 gm  
Don't count ≤ 5 gm

## Group B

3 oz eq = 84-90 gm  
2¾ oz eq = 77-83 gm  
2½ oz eq = 70-76 gm  
2¼ oz eq = 63-69 gm  
2 oz eq = 56-62 gm  
1¾ oz eq = 49-55 gm  
1½ oz eq = 42-48 gm  
1¼ oz eq = 35-41 gm  
1 oz eq = 28-34 gm  
¾ oz eq = 21-27 gm  
½ oz eq = 14-20 gm  
¼ oz eq = 7-13 gm  
Don't count ≤ 6 gm

## Group C

3 oz eq = 102-111 gm  
2¾ oz eq = 94-101 gm  
2½ oz eq = 85-93 gm  
2¼ oz eq = 77-84 gm  
2 oz eq = 68-76 gm  
1¾ oz eq = 60-67 gm  
1½ oz eq = 51-59 gm  
1¼ oz eq = 43-50 gm  
1 oz eq = 34-42 gm  
¾ oz eq = 26-33 gm  
½ oz eq = 17-25 gm  
¼ oz eq = 9-16 gm  
Don't count ≤ 8 gm

## Group D

2 oz eq = 110-123 gm  
1¾ oz eq = 97-109 gm  
1½ oz eq = 83-96 gm  
1¼ oz eq = 69-82 gm  
1 oz eq = 55-68 gm  
¾ oz eq = 42-54 gm  
½ oz eq = 28-41 gm  
¼ oz eq = 14-27 gm  
Don't count ≤ 13 gm

## Group E

2 oz eq = 138-155 gm  
1¾ oz eq = 121-137 gm  
1½ oz eq = 104-120 gm  
1¼ oz eq = 87-103 gm  
1 oz eq = 69-86 gm  
¾ oz eq = 52-68 gm  
½ oz eq = 35-51 gm  
¼ oz eq = 18-34 gm  
Don't count ≤ 17 gm

## Group F

1 oz eq = 82-102 gm  
¾ oz eq = 62-81 gm  
½ oz eq = 41-61 gm  
¼ oz eq = 21-40 gm  
Don't count ≤ 20 gm

## Group G

1 oz eq = 125-156 gm  
¾ oz eq = 94-124 gm  
½ oz eq = 63-93 gm  
¼ oz eq = 32-62 gm  
Don't count ≤ 31 gm

# Measurement References

## Volume Equivalents

1 Tbsp =	3 tsp	= 0.5 fl oz
1/8 cup =	2 Tbsp	= 1 fl oz
1/4 cup =	4 Tbsp	= 2 fl oz
1/2 cup =	5 Tbsp + 1 tsp	= 2.65 fl oz
3/4 cup =	6 Tbsp	= 3 fl oz
1/2 cup =	8 Tbsp	= 4 fl oz
3/8 cup =	10 Tbsp	= 5 fl oz
2/3 cup =	10 Tbsp + 2 tsp	= 5.3 fl oz
3/4 cup =	12 Tbsp	= 6 fl oz
7/8 cup =	14 Tbsp	= 7 fl oz
1 cup =	16 Tbsp	= 8 fl oz
1 pint =	2 cups	= 16 fl oz
1 quart =	2 pints	= 32 fl oz
1 gallon =	4 quarts	= 128 fl oz

## Equivalent Weights

16 oz =	1 lb	= 1.000 lb
12 oz =	3/4 lb	= 0.750 lb
8 oz =	1/2 lb	= 0.500 lb
4 oz =	1/4 lb	= 0.250 lb
1 oz =	1/16 lb	= 0.063 lb

## Scoop Sizes

6 =	3/8 cup
8 =	1/2 cup
10 =	3/4 cup
12 =	1/2 cup
16 =	1/4 cup

## Metric Conversion

To Change	To	Multiply By
Ounces (oz)	Grams (g)	28.35
Pounds (lb)	Kilograms (kg)	0.45
Fluid ounces	Milliliters (ml)	29.58
Cups (c)	Liters (l)	0.24

## Metric Equivalents

### by Weight

1 oz =	28.35 gm
4 oz =	113.4 gm
8 oz =	226.8 gm
16 oz =	453.6 gm
1 lb =	453.6 gm
2.2 lb =	1 kg

### by Volume

8 fluid oz =	236.59 mL
32 fluid oz =	946.36 mL
48 fluid oz =	1.42 L
33.818 fluid oz =	1 L

## Fraction to Decimal Equivalents

1/8 =	0.125
1/4 =	0.250
1/3 =	0.333
3/8 =	0.375
1/2 =	0.500
5/8 =	0.625
2/3 =	0.666
3/4 =	0.750
7/8 =	0.875

