

BREAD EQUIVALENTS

Bread and Bread alternates must have enriched flour, or whole grain, as the first ingredient listed to be creditable. This chart is based on serving sizes for three to six year olds. According to the Food Chart, decrease the serving size for younger children and increase the serving size for older children. Standard serving size of bread/ bread alternate for a 1 to 6 year old child is ½ slice bread, or ½ cup pasta/rice. Standard serving size for a 6 to 12 year old child is 1 slice of bread, 1-cup pasta rice.

GROUP I - - 32 Servings per pound

<u>ITEM</u>	<u>SERVING SIZE</u>
Bagels	¼ bagel
Biscuits	1 biscuit
Boston brown bread	½ slice
Buns	½ bun
Cornbread	½ ounce
*Doughnuts	½ doughnut
English muffins	½ muffin
French or Vienna bread	½ slice
Fry bread	½ piece
Italian bread	½ slice
Muffins	½ muffin
Pretzels, soft	1 pretzel
Pumpernickel	½ slice
Raisin bread	½ slice
**Restaurant style tortilla chips	½ ounce
Rolls	1 roll
Rye bread	½ slice
Salt sticks	½ stick
Stuffing (bread)	½ ounce
*Sweet rolls	½ roll
Syrian bread (flat)	½ round
White bread	½ slice
Whole wheat bread	½ slice

*May only be served for breakfast or snack

**Must be listed as R.S. tortilla chips

GROUP II - - Servings per Pound

(variable)

<u>ITEM</u>	<u>SERVING SIZE</u>
Bread sticks (dry)	2 sticks
Melba toast	2 ½ pieces
Pilot bread	1 ½ pieces
Rye wafers	
(whole grain)	2 wafers
Saltine crackers	4 crackers
Soda crackers	1-½ crackers
Taco shells	1 shell
Zwieback	1-½ pieces

GROUP III - - 26 Servings per Pound

<u>ITEM</u>	<u>SERVING SIZE</u>
Dumplings	1 dumpling
Hush puppies	½ ounce
Meat or meat alt. Pie crust	
Or turnover crust	½ ounce
Pancakes	½ pancake
Pizza crust	½ ounce
Popover	½ popover
Sopapillas	½ ounce
Spoon bread	½ ounce
Tortilla (6")	½ tortilla
Waffles	½ ounce

GROUP IV - - Macaroni, Spaghetti, Rice or Other Cereal Grain

A ½ cup serving of these products is the equivalent of ½ slice of bread.

***GROUP V - - COOKIES

(per serving)

Arrowroot cookies	4 cookies
Shortbread cookies	4 cookies
Vanilla wafers	5 cookies
Grandma's oatmeal	1 cookie
Ginger snaps	5 cookies
Animal crackers	½ ounce
Graham crackers	2 squares
Granola bars	1 bar

The first ingredient must be enriched or whole grain flour for cookies to be creditable

***Creditable no more than 2 times per week

Grain/Bread Revised

Food	Creditable yes	no	Comments
Bagel	x		
Bagel Chips	x		These products are high in fat and sodium. They should be served with caution due to potential choking hazards.
Banana Bread	x		Homemade breads must contain 14.75 grams per serving of enriched grain or flour. Commercial quick breads are credited in the same group as muffins (other than corn).
Barley	x		It must be enriched or whole grain.
Biscuits	x		
Boston Brown Bread	x		
Bread Pudding, Homemade	x		The bread in bread pudding is credited for snacks only and must contain a minimum of ½ slice of bread per serving.
Breading/Batter		x	On foods such as commercial fish sticks, chicken, or fish nuggets, CN labeled products are acceptable for breading if so stated on the label.
Brownies ₁		x	May be credited for snack only.
Cakes		x	
Caramel Corn		x	This product does not meet the definition of bread.
Carrot Bread	x		See banana bread.
Chips, Corn/cornmeal	x		Only Restaurant Style (RS) Tortilla chips are creditable, and must be listed as R/S
Chips, Potato		x	These are considered “other” foods. Fruit and vegetable chips are not creditable.
Chow Mein Noodles	x		
Coffee Cake ₁ , Cinnamon/Danish Rolls	x		These may be credited for breakfast and supplements (snacks) only.
Cookies ₁	x		These may be credited for snacks only. Cookies may be served as part of a snack no more than twice a week.
Cornbread	x		First Ingredient must be enriched corn meal.
Cornpone	x		This product is credited in Group C.
Couscous	x		This pasta product must be enriched or whole grain.

Food	Creditable yes	no	Comments
Crackers	x		For crediting purposes specify the type served, e.g., graham, etc.
Cream Puff Shells Choux Paste (Dessert)		x	Dessert pie crust does not serve the customary function of bread in a meal or supplement (snack).
Crepes	x		For the required serving size, see Group C - pancakes.
Croissants	x		These are high in fat.
Croutons	x		Must be at least 1/8 cup to count. Anything less in a garnish.
Cupcakes		x	
Danish Pastries ₁	x		This item may be credited for breakfast and supplement (snack) only.
Doughnuts ₁	x		This item may be credited for breakfast and supplement (snack) only.
Dumplings	x		
Egg Roll or Won Ton Wrappers	x		
English Muffins	x		
Fig Bar	x		This item is credited the same as cookies, snack only.
French Bread	x		
French Toast	x		See Group E, Exhibit A.
Fried Bread	x		The contribution of a grain/bread in a recipe may be calculated to determine the number of grain/bread equivalencies the recipe provides. The crediting is determined by the total amount of enriched or whole grain meal and/or flour in the recipe divided by the number of servings the recipe yields.
Gingerbread ₂		x	See Cake
Granola Bars, plain or with fruits/nuts	x		Creditable only for breakfast and supplements.
Grits	x		This product must be whole grain or enriched.
Hominy		x	Hominy is not made from the whole kernel of corn.
Hushpuppies	x		This product is credited in Group III. (Use a # 40 scoop).
Ice Cream Cones		x	One cone weighs about 3 grams, which is insufficient as a cooking serving size.

Food	Creditable yes	no	Comments
Ice Cream, Sandwich Wafers		x	Ice Cream is not creditable on the food program.
Italian Bread	x		This product must be enriched or whole grain.
Johnny Cake	x		This product is credited Group III.
Macaroni in Box Macaroni and Cheese	x		The powdered cheese mix is not credited toward any of the food components. The macaroni, if enriched, can be credited toward the grain/bread requirement.
Muffins	x		
Nachos			See: Chips
Noodles	x		
Noodles in canned soup	x		If the product contains sufficient noodles per serving to meet minimum portion sizes. Maintain documentation on file.
Pie Crust (meat/ meat alternate or with vegetables)	x		If it is a recognizable, integral part of the main dish and is served as an accompaniment to the main dish as in beef or chicken pot pies.
Pineapple Upside Down Cake		x	
Pita	x		See Exhibit I.
Pizza Dough	x		See Exhibit I.
Pop Tarts	x		For Breakfast or Snack only. And first ingredient must be enriched flour (not filling)
Popcorn		x	This item is not creditable. Popcorn provides fiber but little nutritional value. There is a potential choking hazard for both preschool and elderly populations.
Popover	x		As long as it is made with enriched or whole grain meal or flour and serves the customary function of bread in a meal. This product is creditable as a bread component only.
Pound Cake		x	See: Cake
Potato Pancakes		x	Potato pancakes contain a minimal quantity of flour. Creditable as Potatoes.
Pretzel, Soft	x		
Pretzel, Hard	x		
Puff Pastry -with a meat/meat alternate or vegetable	x		See the pie crust entry. Puff pastry is high in fat. Puff pastry may not be credited when used with fruit as a dessert.
Pumpnickel Bread	x		

Food	Creditable yes	no	Comments
Pumpkin Bread	x		Quick breads are credited in the same group as muffins (other than corn). See banana bread.
Quinoa	x		A cereal-like plant product derived from an herb, creditable as a whole-grain type of flour. Seeds may be red, black or white.
Raisin Bread	x		This product is credited in the same way as breads without raisins (grain/bread only).
Rice (either Enriched, White or Brown)	x		This product must be enriched or whole grain.
Rice Cakes	x		
Rice Krispy Treats	x		Creditable for snack only. The rice cereal used as an ingredient in the treats may be credited if it is enriched or fortified.
Rice pudding (commercial)		x	There is insufficient rice per serving in commercial products.
Rice in pudding (homemade)	x		Only if the recipe documents that sufficient rice is used to provide at least ¼ serving.
Sopapillas ₁	x		Credited in the same group as doughnuts. For serving size, see Group V. Creditable for breakfast or snack only.
Spoon Bread	x		Credited in the same group as cornbread. For serving size, see Group I.
Squash or Zucchini Bread	x		Quick breads are credited in the same group as muffins (other than corn). See banana bread.
Stuffing, Bread, Dry	x		See Group I. Weights apply to the bread in the stuffing.
Sweet Rolls/Buns ₁	x		Creditable for breakfast and supplemental meals only.
Tapioca		x	
Taco or Tortilla Shells	x		The shells must be enriched, fortified, or whole grain.
Taco Chips	x		The chips must be enriched, fortified, or whole grain.
Turnover Crust	x		Creditable for breakfast and supplemental meals. See Group III. Creditable for lunch or dinner as part of the entree.
Wafers ₁ , Vanilla	x		These are considered to be cookies. Credited for supplements (snacks) only.
Waffles	x		
Wheat Germ/Bran	x		Bran and germ are credited in the same manner as whole grain meal or flour - at least 14.75 grams per serving.