EXHIBIT A: SCHOOL LUNCH AND BREAKFAST

WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ)
REQUIREMENTS FOR SCHOOL MEAL PROGRAMS [1, 2]

GROUP A	OZ EQ FOR GROUP A
▪ Bread type coating ▪ Bread sticks (hard) ▪ Chow Mein noodles ▪ Savory Crackers (saltines and snack crackers) ▪ Croutons ▪ Pretzels (hard) ▪ Stuffing (dry) Note: 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	**OZ EQ FOR GROUP B**
▪ Bagels ▪ Batter type coating ▪ Biscuits ▪ Breads (sliced whole wheat, French, Italian) ▪ Buns (hamburger and hot dog) ▪ Sweet Crackers [4] (graham crackers - all shapes, animal crackers) ▪ Egg roll skins ▪ English muffins ▪ Pita bread (whole wheat or whole grain-rich) ▪ Pizza crust ▪ Pretzels (soft) ▪ Rolls (whole wheat or whole grain-rich) ▪ Tortillas (whole wheat or whole corn) ▪ Tortilla chips (whole wheat or whole corn) ▪ Taco shells (whole wheat or whole corn)	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	**OZ EQ FOR GROUP C**
▪ Cookies [3] (plain - includes vanilla wafers) ▪ Cornbread ▪ Corn muffins ▪ Croissants ▪ Pancakes ▪ Pie crust (dessert pies [3], cobbler [3], fruit turnovers [4], and 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] 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.

[2] 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.

[3] Allowed only as dessert at lunch as specified in §210.10.

[4] Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

GROUP D	OZ EQ FOR GROUP D
▪ Doughnuts [4] (cake and yeast raised, unfrosted) ▪ Cereal bars, breakfast bars, granola bars [4] (plain) ▪ Muffins (all, except corn) ▪ Sweet roll [4] (unfrosted) ▪ Toaster pastry [4] (unfrosted)	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
GROUP E	**OZ EQ FOR GROUP E**
▪ Cereal bars, breakfast bars, granola bars [4] (with nuts, dried fruit, and/or chocolate pieces) ▪ Cookies [3] (with nuts, raisins, chocolate pieces and/or fruit purees) ▪ Doughnuts [4] (cake and yeast raised, frosted or glazed) ▪ French toast ▪ Sweet rolls [4] (frosted) ▪ Toaster pastry [4] (frosted)	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 F	**OZ EQ FOR GROUP F**
▪ Cake [3] (plain, unfrosted) ▪ Coffee cake [4]	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
GROUP G	**OZ EQ FOR GROUP G**
▪ Brownies [3] (plain) ▪ Cake [3] (all varieties, frosted)	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
GROUP H	**OZ EQ FOR GROUP H**
▪ Cereal Grains (barley, quinoa, etc) ▪ Breakfast cereals (cooked) [5, 6] ▪ Bulgur or cracked wheat ▪ Macaroni (all shapes) ▪ Noodles (all varieties) ▪ Pasta (all shapes) ▪ Ravioli (noodle only) ▪ Rice (enriched white or brown)	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	**OZ EQ FOR GROUP I**
▪ Ready to eat breakfast cereal (cold, dry) [5, 6]	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

[5] 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.

[6] 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
⅛ cup	=	2 Tbsp	=	1 fl oz
¼ cup	=	4 Tbsp	=	2 fl oz
⅓ cup	=	5 Tbsp + 1 tsp	=	2.65 fl oz
⅜ cup	=	6 Tbsp	=	3 fl oz
½ cup	=	8 Tbsp	=	4 fl oz
⅝ cup	=	10 Tbsp	=	5 fl oz
⅔ cup	=	10 Tbsp + 2 tsp	=	5.3 fl oz
¾ cup	=	12 Tbsp	=	6 fl oz
⅞ 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	=	¾ lb	=	0.750 lb
8 oz	=	½ lb	=	0.500 lb
4 oz	=	¼ lb	=	0.250 lb
1 oz	=	1/16 lb	=	0.063 lb

Scoop Sizes

6	=	⅔ cup
8	=	½ cup
10	=	⅜ cup
12	=	⅓ cup
16	=	¼ 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

⅛	=	0.125
¼	=	0.250
⅓	=	0.333
⅜	=	0.375
½	=	0.500
⅝	=	0.625
⅔	=	0.666
¾	=	0.750
⅞	=	0.875