

Grains in School Nutrition Programs

FACT SHEET



Ounce Equivalencies (oz eq)

- All grain products served *must* be credited based on per-ounce equivalent (oz eq) standards. Program operators can credit oz eq for grain products based on the ounce weights listed in [SP 30-2012](#) and updated Exhibit A (total weight of creditable product) *or* by grams of creditable grain in each product portion (documented by standardized recipe or product formulation statement signed by manufacturer).
- Baked goods require 16 gm of creditable grain ingredients in order to provide 1 oz eq credit.
- For cereal grains, such as oatmeal, pasta, brown rice, a 1-oz eq is 28 gm (approx. 1.0 ounce by weight). When these grains are served cooked and water is added in preparation, the cooked volume equivalent is ½ cup cooked cereal, pasta, or rice.
- For ready-to-eat (RTE) cereal, 28 gm or 1.0 ounce of product is considered an oz eq. The oz eq volumes are 1 cup flakes or rounds, 1 ¼ cups puffed cereal, ¼ cup granola.

Whole Grain-Rich Criteria

- Product contains 100% whole grain.
- Product contains a blend of whole-grain meal and/or flour and enriched meal and/or flour, of which at least 50% is whole grain. The remaining 50% of grains, if any, must be enriched.
- Checklist to evaluate if a grain product meets the whole grain-rich criteria:
 - ✓ Element 1: food item meets the oz eq requirements for the grains component as defined in SP 30-2012 and the revised Exhibit A.

AND

- ✓ Element 2: food meets at least one of the following:
 - a) Whole grain content per oz eq based on the Exhibit A weights must be at least 8 grams or more for Groups A-G (can be 8 gm whole grain and 8 gm enriched meal and/or enriched flour *or* 16 gm whole grain). For Groups H and I, volumes or weights must credit as one oz eq.
 - b) Product has FDA approved whole grain health claim on package.
 - c) Product ingredient declaration lists whole grains first.

Noncreditable Grains

There are some grain ingredients such as oat fiber, corn fiber, bran, germ, modified food starch, corn starch, and wheat starch that do not contribute toward meal pattern components. If purchased grain products include these ingredients, they must be present at level of less than 2% of the product formula (or less than 0.25 oz eq) for the product to be creditable at lunch or breakfast.





Key Points to Remember:

- **Whole grain-rich products** are required in the NSLP and SBP. *Whole grain-rich means products must contain at least 50% whole grains and the remainder of the grains can be enriched.* 100% whole grain products are not required in SY 2014-2015. (USDA memo [SP 41-2014](#))
- Lunch – up to 2 oz eq grains per week may be in the form of a grain-based dessert.
- One quarter (1/4) of an oz eq is the smallest amount allowable to be credited toward the quantity of grains.
- Exhibit A contains the equivalent minimum weights for a wide variety of purchased food items to meet the oz eq criteria. Program operators may use Exhibit A instead of calculating the actual amount of grains in a product since it provides the equivalent minimum weights to provide one oz eq of grains.
 - Note: actual Product Formulation Statements may provide crediting that is different from Exhibit A. You may use either to determine oz eq crediting, provided the Product Formulation Statement is current, on company letterhead, and signed by an official company representative. Templates of Product Formulation Statements are located in the USDA Whole Grain Resource guidance. (<http://www.fns.usda.gov/tn/whole-grain-resource>)
- Ready-to-eat (RTE) cereals must list a whole grain as the first ingredient and any non-whole grain must be fortified. Cereals made from 100% whole grains are not required to be fortified.
- Manufacturers producing qualifying products (meat/meat alternate entrees containing grains) may apply for a Child Nutrition (CN) Label to indicate the number of oz eq grains that meet the whole grain-rich criteria.
 - Note: the term “oz eq grains” on the CN Label indicates that the product meets the whole grain-rich criteria, while the terms “bread” or “bread alternate” on the CN Label indicate that the product meets *previous* program requirements for grains/breads.

For menu planning purposes:

Breakfast

- Minimum 1 oz eq must be offered daily for all age/grade groups.
- One oz eq grain must be offered daily before an optional meat/meat alternate item is offered on the same day.
- Minimum weekly requirement must be met for each age/grade group.
- Upper limit on grains for the week still in effect; may be exceeded to allow flexibility as long as dietary specifications are met over the course of a week.

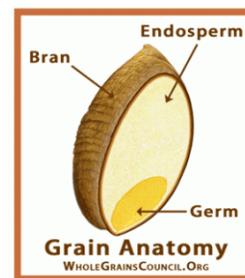
Lunch

- Minimum 1 oz eq must be offered daily for grades K- 8 and 2 oz eq for grades 9-12.
- Minimum weekly requirement must be met for each age/grade group.
- Upper limit on grains for the week still in effect; may be exceeded to allow flexibility as long as dietary specifications are met over the course of a week.
- Certain items are allowed only as dessert items at lunch; no more than 2 oz eq grains per week may be grain-based dessert items. These include animal crackers and graham crackers. Refer to Exhibit A for a more complete list.



IDENTIFYING WHOLE GRAINS

Whole grains consist of the entire cereal grain seed or kernel, after removing the inedible outer husk or hull. The kernel includes the starchy endosperm, the fiber-rich bran and the nutrient-rich germ. Usually the grain kernel is cracked, crushed, flaked or ground during the milling process. A finished grain product is considered whole grain if it contains the same relative amounts of bran, germ and endosperm as the original grain. Whole grains contain a wide variety of nutrients and compounds that help reduce the risk of chronic diseases.



Misleading Terms

Careful label reading is important because the packaging for grain products can be misleading. When a grain name such as “corn” or “rice” is listed in the ingredients statement without a descriptor such as “whole” corn or “brown” rice, the product may not be whole grain. These ingredients cannot be considered whole grain unless the manufacturer provides a product formulation statement to document that they are whole grain.

Manufacturers often use terms in their product names or labels that make a product appear to contain a significant amount of whole grain when it does not. The chart below includes some common misleading terms found on product packages. Products with these terms are typically not 100 percent whole grain and do not contain much whole grain. They often contain refined flour (or other ingredients that are not whole grain) as the first or second ingredient.

Common Misleading Terms for Grains	
“Made with whole grains”	These products must have some whole grains but may contain mostly refined flour. The amount of whole grains can vary greatly among different products.
“Made with whole wheat”	These products must have some whole wheat but may contain mostly refined flour. The amount of whole wheat can vary greatly among different products.
“Contains whole grain”	These products may contain a small amount of whole grain but usually are mostly refined grains. The amount of whole grains can vary greatly among different products.
“100% wheat”	All bread made from any part of the wheat kernel is 100 percent wheat, which is different than 100 percent whole wheat. “100% wheat” products may contain some whole-wheat flour or may contain only refined flour. Look for “100% whole wheat” or “100% whole grain” to indicate that the product is made from only whole grains.
“Multigrain” or specifies number of grains, e.g., “seven-grain bread”	These products must contain more than one type of grain, which can include refined grains, whole grains or both. Some multigrain breads may have enriched flour as the primary ingredient with multiple grains in smaller amounts, while others contain mostly whole grains.
“Cracked wheat bread”	While cracked wheat is a whole grain, cracked wheat bread may contain refined flour as the primary ingredient with small amounts of cracked wheat.
“Stone ground” flour or meal	“Stone ground” describes the process used for making the flour or meal and does not necessarily mean that the product is whole grain. Look for “whole” in combination with “stone ground” in the ingredients statement.

Names for Whole Grains

The chart below lists examples of grain products and ingredients that are whole grains. If one of these terms is listed **first** on the ingredients statement, the product contains at least 50 percent whole grains.

To meet the meal pattern requirements for the National School Lunch Program (NSLP) and School Breakfast Program (SBP), products must be **whole grain-rich** (WGR). WGR products contain at least 50 percent whole grains, any other grain ingredients are enriched and the combined weight of any noncreditable grains (such as modified food starch and bran) is less than two percent of the product formula.

This list may not contain all possible representations of whole-grain ingredient names on food labels.

Whole-Grain Products and Ingredients ¹		
<p>Barley</p> <ul style="list-style-type: none"> • dehulled barley • dehulled barley flour • whole barley • whole-barley flakes • whole-barley flour • whole-grain barley • whole-grain barley flour 	<p>Rye</p> <ul style="list-style-type: none"> • cracked rye • whole rye • rye berries • rye chops • whole-rye flour • whole-rye flakes 	<p>Wheat (Red), continued ³</p> <ul style="list-style-type: none"> • whole wheat • whole-wheat flour • whole-wheat pastry flour • whole-wheat flakes
<p>Brown Rice</p> <ul style="list-style-type: none"> • brown rice • brown rice flour 	<p>Wheat (Red) ³</p> <ul style="list-style-type: none"> • bulgur (cracked wheat) • bromated whole-wheat flour • cracked wheat • crushed wheat • entire-wheat flour • graham flour • sprouted wheat • sprouted wheat berries • stone ground whole-wheat flour ⁴ • toasted crushed whole wheat • wheat berries • whole bulgur • whole durum flour • whole durum wheat flour • whole-grain bulgur • whole-grain wheat 	<p>Wheat (White) ⁵</p> <ul style="list-style-type: none"> • whole white wheat • whole white wheat flour
<p>Corn</p> <ul style="list-style-type: none"> • masa (whole corn treated with lime) ² • whole corn • whole-corn flour • whole cornmeal • whole-grain corn flour • whole-grain grits • whole-ground corn 	<p>Wild Rice</p> <ul style="list-style-type: none"> • wild rice • wild rice flour 	<p>Less Common Grains</p> <ul style="list-style-type: none"> • amaranth • buckwheat, buckwheat groats • einkorn • emmer (farro) • Kamut® • millet • quinoa • sorghum (milo) • spelt • teff • triticale
<p>Oats</p> <ul style="list-style-type: none"> • oat groats • oatmeal, including old-fashioned, quick-cooking and instant • rolled oats • whole oats • whole-oat flour 		
<p>¹ Whole grains consist of the entire cereal grain seed or kernel, including the bran, germ and endosperm.</p> <p>² Masa (often used in tortilla products) is a whole grain only if the manufacturer provides documentation that the manufacturing process used to prepare the corn with lime retains the pericarp (bran layer).</p> <p>³ Red wheat is the most common kind of wheat in the United States.</p> <p>⁴ “Stone ground” describes the process used for making the flour or meal. It does not necessarily mean that the product is whole grain. Look for “whole” in combination with “stone ground” in the ingredients.</p> <p>⁵ White whole-wheat products are lighter in color and lack the slightly bitter taste associated with the bran in red wheat. Read labels carefully to be sure products are white whole wheat and not “white wheat,” which is not a whole grain.</p>		



United States
Department of
Agriculture

Food and
Nutrition
Service

3101 Park
Center Drive

Alexandria, VA
22302-1500

DATE: 10/03/2012

MEMO CODE: SP 02 -2013

SUBJECT: Corn Masa (Dough) for Use in Tortilla Chips, Taco Shells, and Tamales

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

This memorandum is intended to provide clarification for use of corn products traditionally manufactured with corn masa dough where the corn is treated with lime (calcium hydroxide), such as tortilla chips, taco shells, and tamales.

Whole grain-rich (WGR) requirement timeline: for lunch, beginning July 1, 2012 (SY 2012-2013), half of the grains offered during the school week must meet the WGR criteria. For breakfast, beginning July 1, 2013 (SY 2013-2014), half of the grains offered during the school week must meet the WGR criteria. Beginning July 1, 2014, (SY 2014-2015), all grains must meet the WGR criteria for lunch and breakfast.

Grain products that meet the WGR criteria contain 100-percent whole grain or contain a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50-percent is whole grain. Whole grain-rich products must contain at least 50-percent whole grains and the remaining grain, if any, must be enriched.

In making traditional corn masa dough, the corn may be manufactured using wet milling procedures (*corn treated with lime*), where fractions of the kernel are washed away. In some instances, the processed corn has a nutrient profile similar to whole grain corn. When this corn ingredient is used in making corn masa dough for products such as tortilla chips, taco shells, and tamales, it may be acceptable as a whole-grain ingredient. These corn products, using *corn treated with lime*, may be used in meeting the WGR criteria provided that the manufacturer meets the requirements for inclusion of the Food and Drug Administration (FDA) whole grain health claim and includes the claim on the product carton.

The health claim states, "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol, may reduce the risk of heart disease and some cancers." Enrichment of corn masa (*corn treated with lime*) is not required for School Meal Programs when the finished corn product bears the FDA whole grain health claim. If

Regional Directors
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the corn product includes other grain ingredients, such as flour, these ingredients must be whole or enriched to meet the WGR requirements. Refer to guidance memo SP 30-2012 for complete WGR criteria.

Grain products that are made from 100-percent whole grain corn continue to meet the WGR criteria and can be served in the School Meal Programs.

We appreciate all you do for the School Meal Programs and look forward to continue working with you to improve the nutrition of America's children. State agencies are reminded to distribute this memo to program operators immediately. School Food Authorities should contact their State agencies for additional information. State agencies may direct any questions concerning this guidance to the appropriate Food and Nutrition Service Regional Office.

Sincerely,

Original Signed

Cynthia Long
Director
Child Nutrition Division



United States
Department of
Agriculture

Food and
Nutrition
Service

3101 Park
Center Drive
Alexandria, VA
22302-1500

DATE: April 17, 2012

MEMO CODE: SP 26-2012

SUBJECT: Formulated Grain Fruit Products

TO: Regional Directors
Child Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

The Department of Agriculture (USDA) published, "Nutrition Standards for the National School Lunch and School Breakfast Programs" on January 26, 2012. This final rule removes *Section I. Formulated Grain-Fruit Products from Appendix A to Part 220 – Alternate Foods for Meals* (attached).

Beginning July 1, 2012 (SY 2012-2013), formulated grain-fruit products will no longer be allowed to satisfy both the grain and fruit component for the School Breakfast Program (SBP). These products were formulated to satisfy the bread and fruit component of the meal pattern through fortification without the addition of any actual fruit ingredients, at a time when the adequacy of cooking and serving facilities were of concern for students participating in the SBP.

Formulated grain-fruit products are specific products that are manufactured to meet the requirements addressed in *Appendix A to Part 220* and should not be confused with products that are currently on the market that contain grain and fruit. This change does not affect the crediting of traditional grain-fruit bars listed in Exhibit A of the Grains/Breads instruction, which may still be served accordingly.

Formulated grain-fruit products are specific products that have been accepted by the Food and Nutrition Service (FNS) for use in the USDA Child Nutrition Programs to meet one bread/bread alternate and the fruit/vegetable requirement in the breakfast pattern.

According to *Appendix A to Part 220*, formulated grain-fruit products must be individually wrapped and bear a label conforming to the following legend: "*This product conforms to U.S.D.A. Child Nutrition Programs specifications. For breakfast, it meets the requirements for fruit/vegetable/juice and one bread/bread alternate.*" If the product does not bear this legend, it is not a formulated grain-fruit product.

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Products that were formally authorized to bear the formulated grain-fruit statement that meet FNS requirements for grains may be used accordingly. However, these formulated grain-fruit products will no longer be allowed to count toward the fruit requirement.

Please direct program operators to contact the State agency with any questions or concerns; State agencies should in turn contact the FNS regional office for assistance.

Sincerely,

Original Signed

Cynthia Long

Director

Child Nutrition Division

Attachment

7 CFR section where requirements are described	Current OMB control number
220.15	0584-0012

[Amdt. 56, 54 FR 2990, Jan. 23, 1989. Redesignated at 72 FR 61495, Oct. 31, 2007]

APPENDIX A TO PART 220—ALTERNATE FOODS FOR MEALS

I. FORMULATED GRAIN-FRUIT PRODUCTS

1. Schools may utilize the formulated grain-fruit products defined in paragraph 3 as a food component in meeting the meal requirements of this part under the following terms and conditions:

(a) Formulated grain-fruit products may be used to meet *one* bread/bread alternate and the fruit/vegetable requirement in the breakfast pattern specified in §220.8.

(b) Only individually wrapped formulated grain-fruit products which bear a label conforming to the following legend shall be utilized. "This product conforms to U.S.D.A. Child Nutrition Program specifications. For breakfast, it meets the requirements for fruit/vegetable/juice and one bread/bread alternate."

2. Only formulated grain-fruit products that have been accepted by the Food and Nutrition Service (FNS) for use in the USDA child nutrition programs may be labeled as provided in paragraph 1.(b) of this appendix. Manufacturers seeking acceptance of their product shall furnish FNS a chemical analysis, protein efficiency ratio analysis, and such other pertinent data as may be requested by FNS. This information shall be forwarded to: Director, Nutrition and Technical Services Staff, Food and Nutrition Service, U.S. Department of Agriculture, Alexandria, Virginia 22302. All laboratory analyses are to be performed by independent or other laboratories acceptable to FNS. (FNS prefers an independent laboratory.) All laboratories shall retain the "raw" laboratory data for a period of one year. Such information shall be made available to FNS upon request.

3. To be accepted by FNS, products must have the following characteristics and meet the following nutritional specifications:

(a) Types. There are two types of products: one is a grain-type product and the other a grain-fruit type product.

(b) Ingredients. A grain-type product shall have grain as its primary ingredient. A grain-fruit type product shall have fruit as its primary ingredient. Both types of products must have at least 25 percent of their weight derived from grain. All ingredients and/or components shall comply with pertinent requirements or standards of the USDA and the Food, Drug, and Cosmetic Act, as

amended, and any regulations issued thereunder.

(c) Nutritional specifications. Each serving of the product shall meet the minimum compositional requirements in the following table. The requirements as specified for those nutrients not limited by maximum values will be deemed to have been met if reasonable overages of the vitamins and minerals, within the limits of good manufacturing practice, are present to insure that the required levels are maintained throughout the expected shelf life under customary conditions of distribution and storage. An exception will be made for vitamins or minerals which occur naturally in an ingredient at such concentration that the level specified will be substantially exceeded in the final product. Such excess will be permitted but no label claim of nutritional advantage can be made for overages for any nutrients. Analytical methods employed should be according to the standard procedures defined in the Association of Official Analytical Chemists, 1970, "Official Methods of Analysis," 11th edition, Washington, DC or by appropriate analytical procedures FNS considers reliable.

NUTRITIONAL LEVELS OF GRAIN-FRUIT PRODUCTS ¹

Nutrient	Unit	Minimum	Maximum
Weight	Ounce	2	4.0
PER	Casein=2.5	2.0	
Moisture	Percent weight		40.0
Fat ²do		22.0
Fiberdo		0.8
Protein (N×6.25)	Gram	5.0	
Energy	Kilocalorie	250	
Vitamin A ³	International unit	1,115	1,675.0
Vitamin Edo	5	
Vitamin B ₁₂	Microgram	1.25	
Thiamin	Milligram26	
Riboflavindo13	
Vitamin B ₆do26	
Vitamin Cdo	20	
Niacindo	2.65	
Folacindo04	
Iron ⁴do	4.4	
Calciumdo	120	
Phosphorusdo	120	
Magnesiumdo	30	

¹These specifications are based on a nutrient level for acceptable products plus ½ pint of fluid milk (as defined in §220.2 of the regulations (7 CFR part 220)) to provide at least 25 percent of the Recommended Dietary Allowances (RDA), 1968, for 10- to 12-year-old boys and girls for specified nutrients except magnesium and kilocalories. Magnesium and kilocalories—at least 13 percent of this RDA.

²Although the maximum fat in these specifications is 22 percent, consideration should be given to the development of formulated items containing less fat. Most medical authorities recommend keeping the dietary intake of fats at about 1/3 of the day's calories. At least 5 percent of the total calories shall be from linoleic acid.

³Vitamin A levels above the maximum of 1,675 I.U. will be allowed in products containing this nutrient as a natural food, and if the vitamin has not been added to the ingredients or foods.



United States
Department of
Agriculture

Food and
Nutrition
Service

3101 Park
Center Drive

Alexandria, VA
22302-1500

DATE: April 26, 2012

MEMO CODE: SP 30-2012

SUBJECT: Grain Requirements for the National School Lunch Program and
School Breakfast Program

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

SOURCE CITATION: 42 USC 1753(b)(3) and 1758(a)(4) and 7 CFR Parts 210 and 220

This memorandum explains the grains requirements for the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) and specifically addresses implementation of the ounce equivalencies and definition of whole grain-rich products.

The Department of Agriculture (USDA) published, "Nutrition Standards in the National School Lunch and School Breakfast Programs" on January 26, 2012. This final rule amended NSLP and SBP regulations at 7 CFR 210.10 and 220.8, updating the meal patterns and nutrition standards to align them with the 2010 *Dietary Guidelines for Americans* (DGAs) as required by Sections 4(b) and 9(a)(4) of the Richard B. Russell National School Lunch Act as amended by Section 201 of the Healthy, Hunger-Free Kids Act of 2010. The meal patterns for the NSLP and the SBP include quantities of grains based on ounce equivalencies (oz eq) in a manner that is consistent with the DGAs and the USDA food guidance system known as MyPlate. The amounts of foods included in the meal pattern, including the amount of oz eq of grains, were carefully determined through an extensive review and assessment to meet 24 nutrient targets. NSLP and SBP nutrition standards also require all grains to be whole grain-rich by school year (SY) 2014-2015.

This memorandum sets forth the criteria to be used by school food authorities (SFAs) and program operators to determine grains which meet the regulatory standards and to determine equivalent minimum serving sizes (oz eq). In addition, this memorandum includes examples of foods that qualify as grains based on the nutrition standards in the NSLP and SBP hereafter referred to as "school meal programs."

I CRITERIA FOR DETERMINING ACCEPTABLE GRAINS FOR SCHOOL MEAL PROGRAMS

The requirements to offer whole grain-rich products will be phased in for the school meal programs over the next two SYs:

For **lunch**, beginning July 1, 2012 (SY 2012-2013), through June 30, 2014 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014, (SY 2014-2015), **all** grains must meet the whole grain-rich criteria.

For **breakfast**, beginning July 1, 2013 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014, (SY 2014-2015), **all** grains must meet the whole grain-rich criteria.

Through SY 2013-2014, SFAs and program operators should continue to refer to *Section 3 Grains/Breads* of the *Food Buying Guide for Child Nutrition Programs* and *FCS Instruction 783 - REV 2, The Grains/Breads Requirements for Food-based Menu Planning Alternatives in the Child Nutrition Programs* for guidance on products which meet the grains requirements, but not the whole grain-rich requirements. After SY 2013-2014, all grain must be whole grain-rich in order to meet NSLP and SBP nutrition standards. The USDA is in the process of updating several resources to assist SFAs and program operators with identifying whole grain-rich foods for availability by summer 2012.

Whole Grain-Rich Criteria

In accordance with NSLP and SBP regulations at 7 CFR Parts 210 and 220, the following criteria are to be used as the basis for crediting items to meet the whole grain-rich requirement:

Foods that qualify as whole grain-rich for the school meal programs are foods that contain 100-percent whole grain or contain a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50-percent is whole grain. Whole grain-rich products must contain at least 50-percent whole-grains and the remaining **grain**, if any, must be enriched.

Schools can use the following elements as a simple checklist to evaluate if a grain product meets the whole grain-rich criteria:

Element 1: The food item must meet the oz eq requirements for the grains component as defined by this guidance.

Element 2: The food must meet at least one of the following:

a. The whole-grain content per oz eq based on the attached Exhibit A weights must be at least 8.0 grams or more for Groups A – G. For Groups H and I, the volumes or weights listed must be offered to credit as one oz eq. This information may be determined from information provided on the product packaging or by the manufacturer, if available.

b. The product includes the following Food and Drug Administration-approved whole-grain health claim on its packaging: “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”

c. The product ingredient declaration lists whole grains first, specifically:

- I. Non-mixed dishes (e.g., breads, cereals): whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list with an exception for water). When the whole grain content comes from multiple ingredients, the combined whole grain ingredients may be the primary ingredient by weight even though a whole grain is not listed as the first ingredient. These products could meet the whole grain-rich criteria with proper manufacturer documentation. For example, a bread item may be made with three grain ingredients: enriched wheat flour (40% of grain), whole wheat (30% of grain), and whole oats (30% of grain). The program operator, with the assistance of manufacturers, could determine that whole grains were the primary ingredient by weight since the combined 60% whole grain ingredients are greater than the enriched wheat flour at 40% although the enriched flour may be listed first in the ingredient declaration.
- II. Mixed dishes (e.g., pizza, corn dogs): whole grains must be the primary grain ingredient by weight (a whole grain is the first grain ingredient in the list of grains). For foods prepared by the school food service, the recipe is used as the basis for a calculation to determine whether the total weight of whole-grain ingredients exceed the total weight of non whole-grain ingredients.

When flour blends are listed in the ingredient declaration and grouped together with parentheses, for example, ingredients: flour blend (whole wheat flour, enriched flour), sugar, cinnamon, etc., program operators will need to know either that the whole grain content is at least 8.0 grams per oz eq or that the weight of the whole grain is greater than the first ingredient listed after the flour blend such as sugar in the example.

A ready-to-eat (RTE) breakfast cereal must list a whole grain as the primary ingredient and the RTE cereal must be fortified. If the grain product includes enriched ingredients, or the

product itself is enriched; the ingredients or the grain product must meet the Food and Drug Administration's standards of identity for enrichment (21 CFR Section 137). Bran and germ are not creditable in school meal programs. Non-creditable grain ingredients in products at very low levels used as processing aids are allowable at levels less than 2-percent.

Manufacturers may apply for a Child Nutrition (CN) Label for qualifying products to indicate the number of oz eq grains that meet the whole grain-rich criteria. The term, "oz eq grains" on the CN Label indicates the product meets the whole grain-rich criteria, while the terms "bread" or "bread alternate" on the CN Label indicates the product meets previous program requirements for grains/breads. Please refer to the CN Labeling Program website for details regarding qualifying products at: www.fns.usda.gov/cnd/cnlabeling/.

II CRITERIA FOR DETERMINING EQUIVALENT MINIMUM SERVING SIZES

Pursuant to the new NSLP and SBP regulations, the updated meal patterns, which include requirements for whole-grain rich grain products based on oz eq, will become effective on July 1, 2012, the beginning of SY 2012-2013. Recognizing that operators and manufacturers which provide products for the school meal programs may require time to change specifications and revise products, we will allow SFAs and program operators to credit grain products based on the current 14.75 grams of grains per serving through SY 2012-2013. All grain products must be credited based on per oz eq standards beginning on July 1, 2013, the beginning of SY 2013-2014.

As provided for in NSLP and SBP regulations, grain products must be credited using the oz eq method. This criterion is applied to various products as follows:

- Baked goods, such as breads, biscuits, bagels, etc., require 16 grams of creditable grain ingredients in order to provide 1 oz eq credit.
- For cereal grains such as oatmeal, pasta, and brown rice, a 1-ounce equivalent is 28 grams (approximately 1.0 ounce by weight) of dry product. Since these grains are served cooked and water is added in preparation, the cooked volume equivalent is ½ cup cooked cereal, pasta, or rice.
- For ready-to-eat (RTE) breakfast cereal, 28 grams *or* 1.0 ounce of product is considered an ounce equivalent. The ounce equivalent volumes are 1 cup flakes or rounds, 1.25 cups puffed cereal, and ¼ cup granola. As with baked goods, we recognize that program operators and manufacturers may need additional time to adjust products and orders with respect to volume requirements for RTE cereal.

The new meal patterns provide a minimum and maximum number of oz eq to meet a weekly grains requirement by age group. All grains offered should be counted toward meeting these minimum and maximum requirements using the ounce equivalent or "bread" or "bread alternate" criteria in the interim. Of the weekly total for lunch, up to two (2.0) oz eq grains per week may be in the form of a grain-based dessert.

During SY 2012-2013, battered and/or breaded products offered will not need to be counted toward the maximum weekly grain requirements in the meal pattern. Beginning July 1, 2013 (SY 2013-2014), all grains which are part of battered and/or breaded products offered must be counted towards the weekly grain requirement.

The contribution of grains in a recipe or product formulation for items listed in Exhibit A, Groups A-G, may be calculated to determine the number of oz eq grains the recipe provides based on 16 grams of grain ingredients per ounce equivalent. The crediting of a food item as oz eq grains is determined by the total amount in grams of whole-grain meal and/or flour or whole-grain and enriched meal and/or flour in the product formulation or recipe divided by the number of servings the formulation or recipe yields divided by the 16 grams per oz eq standard. For the types of food items listed in Groups H and I of the attached Exhibit A to count as one full serving, the weights or volumes listed therein must be used.

One quarter (1/4) of an oz eq is the smallest amount allowable to be credited toward the quantities of grains. If the minimum daily requirement for grains is 1 oz eq, this minimum can be met by offering multiple food items, for example, 0.5 oz eq of one grain item and 0.5 oz eq of another grain item. The oz eq for grains may be determined by using either the weights or volumes listed in the attached Exhibit A, or the SFA may require documentation from a manufacturer certifying the grams of creditable grains per portion for determining the oz eq from a given product.

The attached *Exhibit A: School Lunch and Breakfast* contains the equivalent minimum weights for a wide variety of purchased food items to meet the oz eq criteria. Program operators may use Exhibit A instead of calculating the actual amount of grains in a product since it provides the equivalent minimum weights to provide one oz eq of grains. We note that the listing of food items included in Exhibit A is not exhaustive.

Exhibit A provides oz equivalent information for products commonly offered in schools. SFAs have flexibility to use a wide range of products in planning meals which meet NSLP and SBP meal pattern and nutrition specifications. However, program operators are strongly encouraged to offer food items that are low in added sugars, sodium, and saturated fat in order to meet these requirements and provide foods which are consistent with the Dietary Guidelines for Americans.

SUMMARY OF IMPLEMENTATION DATES:

Ounce equivalent requirements: All grain products must be credited based on oz eq standards beginning July 1, 2013, the beginning of SY-2013-2014. The grain component weights in the attached *Exhibit A: School Lunch and Breakfast* have been updated to reflect the change from 14.75 grams of creditable grain to 16.0 grams of creditable grain per oz eq

Regional Directors
State Directors
Page 6

for Groups A-G. The original Exhibit A weights and volumes for all Child Nutrition Programs may continue to be used through June 30, 2013 for lunch and breakfast.

Whole grain-rich requirements: for lunch, beginning July 1, 2012 (SY 2012-2013), half of the grains offered during the school week must meet the whole grain-rich criteria. For breakfast, beginning July 1, 2013 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014, (SY 2014-2015), all grains must meet the whole grain-rich criteria for lunch and breakfast.

For NSLP and SBP (sections 210.10, 210.10a, 220.8, and 220.8a), this policy memorandum supersedes FCS Instruction 783 - REV 2, The Grains/Breads Requirements for Food-based Menu Planning Alternatives in the Child Nutrition Programs and the *Food Buying Guide for Child Nutrition Programs* guidance on Grains/Breads. However, the FCS Instruction 783 - REV 2, will be revised to remove the sections mentioned above and will pertain to all other Child Nutrition Programs. State Agencies should contact their Food and Nutrition Service Regional Office with any questions.

Original Signed

Cynthia Long
Director
Child Nutrition Division

Attachment

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
<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers⁴ (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
<ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, 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
<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars⁴ (plain) • Muffins (all, except corn) • Sweet roll⁴ (unfrosted) • Toaster pastry⁴ (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
<ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls⁴ (frosted) • Toaster pastry⁴ (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
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴ 	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
<ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (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
<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • 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.



**United States
Department of
Agriculture**

Food and
Nutrition
Service

3101 Park
Center Drive
Alexandria, VA
22302-1500

DATE: April 17, 2014

MEMO CODE: SP 35-2014

SUBJECT: Grain Entrees Related to the Smart Snacks in School Standards

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

The purpose of this memorandum is to clarify the status of grain-only items as entrées under the Interim Final Rule titled “National School Lunch Program (NSLP) and School Breakfast Program (SBP): Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010,” also known as the Smart Snacks in School rule.

“Entrée item” is defined in the Smart Snacks in School rule as “an item that is either: (i) A combination food of meat or meat alternate and whole grain rich food; or (ii) A combination food of vegetable or fruit and meat or meat alternate; or (iii) A meat or meat alternate alone with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters, and meat snacks (such as dried beef jerky).” The interim final rule does not include grain-only items as entrée items. However, Food and Nutrition Service (FNS) understands this may limit the availability of products which are healthy choices that students are accustomed to having for breakfast. Therefore, a school food authority (SFA) is permitted to determine which item(s) are the entrée items for breakfasts offered as part of the SBP.

As with NSLP entrée items, any entrée item offered as part of the SBP is exempt from all competitive food standards if it is offered as a competitive food on the day of, or the day after, it is served in the SBP. For example, if the SFA serves whole-grain rich pancakes as the main dish for the SBP, then they can be considered an entrée and be exempt from the standards on the day of and the day after they are served. Exempt entree items offered as a competitive food must be offered in the same or smaller portion sizes as in the NSLP or SBP.

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Side dishes offered as part of the NSLP or SBP and sold a la carte must always meet the nutrition standards contained in the Smart Snacks in School rule. Side dishes and snacks offered as part of a reimbursable lunch or breakfast are not exempt from the Smart Snacks nutrition requirements. In the example above, the other items offered as part of the pancake meal would be considered side dishes and, as such, would not be exempt from the Smart Snacks requirements.

In cases in which the school does not participate in the SBP and grain-only items such as bagels, waffles, etc. are offered for sale in the school, such items, along with their accompaniments, must meet all of the Smart Snacks standards prescribed for side dishes or snack items whenever sold to students.

Additional information on Smart Snacks in School is available on the FNS website and may be found at <http://www.fns.usda.gov/school-meals/smart-snacks-school>.

State agencies are reminded to distribute this memorandum to program operators. Local education agencies and SFAs should contact their State agency for additional information. State agencies may direct any questions concerning this guidance to the appropriate FNS Regional Office. We look forward to continuing to work with you on improving the nutrition of our Nation's children.

Original Signed

Cynthia Long
Deputy Administrator
Child Nutrition Programs



**United States
Department of
Agriculture**

Food and
Nutrition
Service

3101 Park
Center Drive
Alexandria, VA
22302-1500

DATE: September 30, 2014

MEMO CODE: SP 47-2014 (v.2)

SUBJECT: Flexibility for Whole Grain-Rich Pasta in
School Years 2014-2015 and 2015-2016
Questions and Answers attached – REVISED

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

This memorandum, first issued on May 20, 2014, has been updated to include Questions and Answers (Q&As) as an attachment to this document. It provides additional guidance to State agencies and school food authorities (SFAs) regarding whole grain-rich pasta flexibilities for School Years (SYs) 2014-2015 and 2015-2016.

Whole Grain-Rich Requirements

Beginning July 1, 2014, federal regulations require that all grains offered in the National School Lunch Program and School Breakfast Program must be whole grain-rich. Foods that meet the whole grain-rich criteria for the school meal programs contain at least 50 percent whole-grain meal and/or flour. The remaining 50 percent or less of grains, if any, must be enriched. Foods that are 100 percent whole grain meet the whole grain-rich criteria; however, foods are not required to be 100 percent whole grain. Foods containing between 50 and 100 percent whole grains are allowable. For additional information on whole grain-rich requirements, including how to evaluate if a grain product meets the whole grain-rich criteria, see the *Whole Grain Resource for the National School Lunch and Breakfast Programs: A Guide to Meeting the Whole Grain-Rich Criteria*, available at:
<http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf>.

Availability and Acceptability of Whole Grain-Rich Pasta

The updated standards, which meet the requirement of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) to reflect the Dietary Guidelines for Americans, are designed to ensure that school children receive nutritious meals while retaining flexibility for SFAs to offer meals that are appealing to children.

Pasta is a commonly served menu item popular with students. As such, it is particularly important that the updated standards maintain acceptability with students. Many types of whole grain-rich pasta, including those available through USDA Foods, are 100 percent whole grain. However, Program operators have indicated and our consultation with the pasta industry supports, that some of the available products degrade easily (e.g. lasagna and elbow noodles) during preparation and storage, and as a result are not accepted by students.

Whole grain-rich pastas made from blends of whole grain and enriched flours may maintain better consistency and be more acceptable to students, but these products are still emerging in the marketplace. Therefore, FNS recognizes that USDA Foods and industry may need additional time to develop a more expansive range of whole grain-rich pastas that are widely accepted by students.

Flexibility to Use Enriched Pasta During School Years (SY) 2014-2015 and 2015-2016

FNS appreciates that the progression to all whole grain-rich grains in school meals represents a significant transition for industry, Program operators, and students. FNS understands that during SYs 2014-2015 and 2015-2016, some SFAs may continue to struggle to secure a variety of whole grain-rich pasta products to incorporate into preferred menu items customarily served in previous SYs. As such, FNS is prepared to offer continued flexibility in this area for those SFAs that removed previously popular pasta menu items that, when produced with whole grain-rich pasta, did not hold well or were not accepted by students (meaning students no longer consumed or selected the popular item), and the SFA has demonstrated hardship in obtaining acceptable whole grain-rich pasta for that item. Accordingly, if acceptable products for previously offered items are not available or accepted by students, the State agency may approve the SFAs' request to continue to serve enriched pasta during SY 2014-2015 and SY 2015-2016, if needed. However, this flexibility is available only until acceptable products are available and identified and while the SFA can demonstrate a continued negative impact.

In reviewing the SFAs' request, State agencies should consider several factors. An SFA must provide evidence that they attempted to use the product in a previously popular menu item and that the SFA experienced significant challenges in achieving positive results. For example, an approvable request may state that the use of the new whole grain-rich pasta or the degradation of the new whole grain-rich pasta during the typical holding time negatively impacted the taste and texture of the product, and that the SFA received increased negative student or parent feedback as a result of this change. Based upon this information, the State agency should also work with the SFA to identify the challenge and provide technical assistance as needed. This explanation is particularly helpful as it will enable FNS to better identify any specific trends or patterns and tailor technical assistance or targeted solutions to mitigate challenges.

Regional Directors
State Directors
Page 3

FNS anticipates that State agencies and SFAs will actively collaborate to identify, evaluate, and incorporate acceptable whole grain-rich pasta products into school menu(s). While working with State agencies, SFAs that have been approved to offer non-whole grain-rich pastas should be considered compliant with the whole grain-rich requirements during an Administrative Review or a performance-based certification review.

FNS expects State agencies to continue to work closely with SFAs and provide technical assistance to support their efforts to comply with whole grain-rich requirements as they apply to pasta and other food items. At the national level, FNS will continue to support States and SFAs and collaborate with industry partners to expand the selection of whole grain-rich pastas available to schools, and develop technical resources to assist Program operators with preparation methods for whole grain-rich pasta. FNS will continue to communicate this information through PartnerWeb and on the FNS public website.

The *Whole Grain Resource for the National School Lunch and Breakfast Programs*, referenced earlier, provides information to help Program operators identify foods that meet the whole grain-rich criteria and offers suggestions for incorporating whole grain-rich foods into school menus. In addition, for a current list of available whole grain-rich pasta products, SFAs may search the USDA Foods available at:

http://www.fns.usda.gov/sites/default/files/SY15_Foods_Available_List_3_27_14.pdf , CN Labeling authorized list available at:

<http://www.fns.usda.gov/cnlabeling/authorized-manufacturers-and-labels> and the Alliance for A Healthier Generation website available at:

https://schools.healthiergeneration.org/resources__tools/

FNS is committed to working in partnership with State agencies and SFAs as they make these important changes in their communities. State agencies are reminded to distribute this memo to Program operators immediately. SFAs should contact their State agencies for additional information. State agencies may direct any questions concerning this guidance to the appropriate FNS Regional Office.

Original Signed

Cynthia Long
Deputy Administrator
Child Nutrition Programs

Attachement

Questions and Answers:**1. Who may submit a pasta flexibility request?**

An SFA may submit a pasta flexibility request to the State agency if it can demonstrate challenges in preparing and serving whole grain-rich pasta products for previously offered enriched pasta menu items. The request should include which previously offered enriched pasta menu items they would like to offer temporarily.

2. Does this pasta flexibility exempt an SFA from offering other whole grain-rich foods?

No. SFAs remain responsible for incorporating whole grain-rich products into school menus to meet meal pattern requirements. Examples of whole grain-rich foods that a school authorized to use this flexibility may continue to offer include: whole-wheat bread products, whole-wheat tortillas, and brown rice.

3. How would the enriched pasta offered under this flexibility count toward the meal pattern requirements?

The servings of enriched pasta would count toward the required grains component (e.g., 8-9 oz eq per week for grades K-5) in the NSLP, but the whole grain-rich requirement would continue to apply for other grains. Other grain items contributing to meal pattern requirements (such as rice, pizza crust, breads and rolls, and hamburger buns) need to contain at least 50 percent whole-grain with remaining grain ingredients being enriched.

4. What documentation must an SFA submit to the State agency to request the pasta flexibility?

SFA may submit any menu planning, production/preparation records, and pictures with additional information as documentation that may assist in the determination of the flexibility request. Documentation must demonstrate that when cooking or offering a whole grain-rich version of a previously popular pasta item, the whole grain-rich pasta did not hold well on the serving line or was not accepted by students.

Example: An SFA may supply production records that show significant decreases in students selecting whole grain-rich pasta versus enriched pasta. For example, lasagna made with enriched noodles was a popular menu item selected by about 50% of students. When lasagna with whole grain-rich noodles was introduced, students complained and lasagna selection decreased, fewer than 10% of students selected the lasagna. Such records would be an acceptable form of documentation.

5. Does approval of the temporary pasta flexibility remove the SFA's responsibility to seek other acceptable whole grain-rich pasta products?

No. SFAs are expected to actively collaborate with the State agency to identify, evaluate, and incorporate acceptable whole grain-rich pasta products into the school menu as soon as possible. The State agency must provide technical assistance to the SFA to help overcome temporary challenges.

- 6. Will FNS issue a sample flexibility request form or establish a recommended approval process?**
FNS does not intend to issue a flexibility request form or require State agencies to follow a specific template. However, all flexibility requests must be clearly documented and maintained on file in a way that allows a reviewer to understand why enriched pasta is counted toward the grains component in a reimbursable meal.
- 7. Do State agencies need to approve flexibility requests within a specified time frame?**
State agencies are strongly encouraged to review the SFA documentation and notify the SFA of the flexibility determination as soon as possible. States must also ensure that all necessary documentation is available in the event of an administrative review.
- 8. Are State agencies able to issue a blanket flexibility approval for all SFAs?**
No. State agencies may not issue a blanket flexibility approval for all SFAs. Flexibility requests are expected to be approved on a case-by-case basis according to the needs of each SFA.
- 9. May State agencies include the pasta flexibility as an option in their annual renewal agreement with an SFA?**
No; flexibility requests must be approved on a case-by-case basis according to the needs of each SFA.
- 10. Should State agencies issue all flexibility approvals for a two year period?**
State agencies may approve an SFA's flexibility request for up to two years (not to exceed school year 2015-2016, as established in memorandum SP 47-2014) and during this time the State agency is expected to communicate periodically with the SFA to identify, evaluate, and incorporate other acceptable whole grain-rich pasta products and/or preparation methods. For example, States may help SFAs share information about new or existing whole grain-rich pasta products that are popular with students, or disseminate best practices or the successful experience of a particular SFA/school.
- 11. Will SFAs that have been approved to offer enriched pasta be considered compliant with the whole grain-rich requirement during the administrative review or a performance-based certification review?**
SFAs must offer the amount of grains specified in the meal pattern. If the SFA receives approval to serve enriched pasta, such food items would count toward the grains requirement and the SFA would not have to make up for the portion of enriched grains. State agencies would consider the SFA compliant with the whole grain-rich requirement if the FNS-developed or FNS-approved Certification Tool, and the menu planning and production records indicate that other grains offered in the school menu meet the whole grain-rich criteria.
- 12. May a State agency require an SFA to sign a statement certifying that it has documentation to support to flexibility request and review such documentation later during an administrative review?**
No. The State agency must examine the supporting documentation prior to approving a flexibility request. This is necessary because only a portion of SFAs are scheduled to be

reviewed in school years 2014-2015 and 2015-2016. Furthermore, the SFA must maintain the flexibility request approval and supporting documentation on file.

13. Is approval of a temporary pasta flexibility request a reason to renegotiate a procurement contract?

The creation of a material change to a contract depends on the SFA's initial solicitation document and the resulting contract during the procurement process. State agencies and/or SFAs must review existing contracts to make a determination as to whether a material change has occurred. State agencies and SFAs should ask the following questions to help determine if the change constitutes a material change to the contract:

- If there will be an increase or decrease in the cost of the contract, will the change in cost cause bidders to respond differently if the prospective change had existed at the time of the solicitation and evaluation phase of the procurement process?
- Will the prospective change materially affect the scope of services, type and volume of products, etc., in both the solicitation document and resulting contract? For example, will the change in the planned menu require the SFA to change product specifications, eliminate products to add new products to the existing solicitation and contract, or increase the volume of existing whole grain-rich products?



United States Department of Agriculture

Whole Grain Resource for the National School Lunch and School Breakfast Programs

A Guide to Meeting the Whole Grain-Rich Criteria



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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the **State Information/Hotline Numbers** (click the link for a listing of hotline numbers by State); found online at http://www.fns.usda.gov/snap/contact_info/hotlines.htm.

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Introduction

This resource outlines the whole grain-rich criteria for school meals. It contains information to help program operators identify foods that meet the whole grain-rich criteria and offer them in their menus. The United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) has created this resource to reflect the *2010 Dietary Guidelines for Americans* (DGAs), which recommend that children and adults consume at least half of their grains as whole grains. Questions and answers on selecting and serving grain products for school meal programs are available in

FNS Memo SP 10-2012: Questions & Answers on the Final Rule, “Nutrition Standards in the National School Lunch and School Breakfast Programs” (<http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP10-2012av7.pdf>). Please note that the term “whole grain-rich” refers to FNS criteria for school meal requirements for grain. This term is not permitted for product labels because it is an implied health claim about the fiber content regulated by the United States Food and Drug Administration (FDA) and would be in violation of the standards for “rich in fiber.”



Grain Requirements for School Meals

Ounce equivalent standards for the National School Lunch and School Breakfast Programs (NSLP/SBP)

All grain products served in NSLP/SBP must be credited based on per-ounce equivalent (oz eq) standards. This applies to various products as follows:

- Baked goods (breads, biscuits, bagels, etc.): 16 grams of creditable grain ingredients provide 1 oz eq credit.
- Cereal grains (oatmeal, pasta, brown rice, etc.): 28 grams (approximately 1.0 ounce by weight) of dry product OR ½ cup cooked cereal, pasta, rice, etc. provides 1 oz eq credit.
- Ready-to-eat (RTE) breakfast cereal: 28 grams OR 1.0 ounce of product provides 1 oz eq credit. Ounce equivalent volumes are 1 cup flakes or rounds, 1.25 cups puffed cereal, and ¼ cup granola.

Other USDA child nutrition programs may continue to use previous crediting standards for grains unless new meal requirements are developed.

What foods meet the whole grain-rich criteria?

Foods that meet the whole grain-rich criteria for the school meal programs contain 100 percent whole grain or a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50 percent is whole grain. The remaining 50 percent or less of grains, if any, must be enriched.

Schools can use the following elements to evaluate if a grain product meets the whole grain-rich criteria:

Element 1: The food item must meet the ounce equivalent (oz eq) requirements for the grains component as defined in SP 30-2012 (<http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP30-2012os.pdf>) and the revised Exhibit A for School Meal Programs (Attachment D of this document).

AND

Element 2: The food must meet at least one of the following requirements:

- a. Whole grains per oz eq are at least 8.0 grams or more for Groups A – G of Exhibit A. For Groups H and I, the volumes or weights listed must be offered to credit as 1 oz eq, and whole grains must be the primary grains (with other grains being enriched). This information may be obtained from the product packaging or from the manufacturer, if available.
- b. The product includes one of the following U.S. Food and Drug Administration (FDA)-approved whole-grain health claims on its packaging:

“Diets rich in whole grain foods and other plant foods, and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and certain cancers.”

OR

“Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

- c. The product ingredient declaration lists a whole grain first, specifically:
 - I. Nonmixed dishes (e.g., breads, cereals): Whole grains are the primary ingredient by weight (a whole grain is first on the ingredient list with an exception for water). Products in which whole-grain content comes from multiple ingredients can meet the whole grain-rich criteria when all whole grains combined are the primary ingredient by weight. Proper documentation from the manufacturer or a standardized recipe is required.
 - II. Mixed dishes (e.g., pizza, corn dogs): Whole grains are the primary *grain* ingredient by weight (a whole grain is the first grain ingredient in the list of grains). For recipes, the weights of grain ingredients are used to

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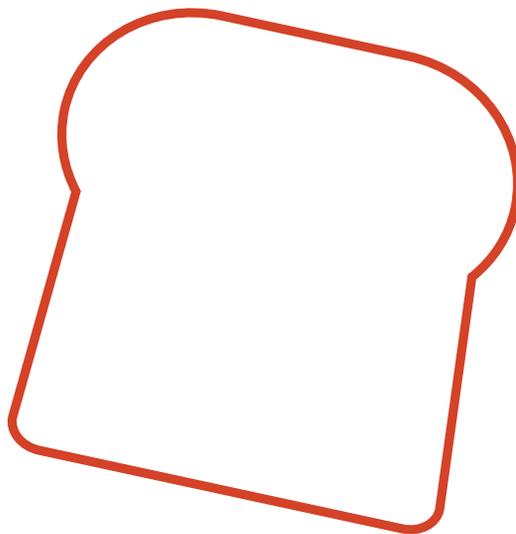
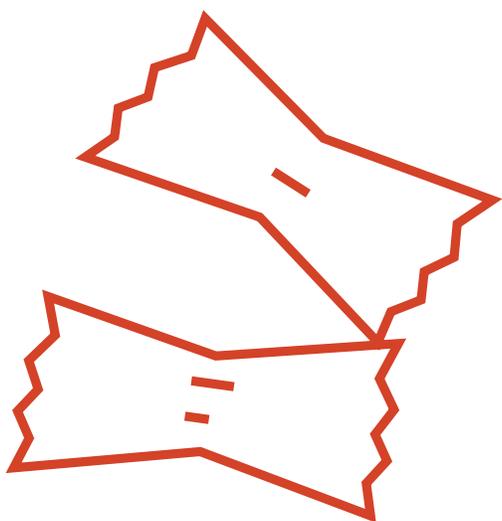
Grains Requirements for School Meals (continued)

determine whether the total weight of whole grains is greater than or equal to the total weight of grains that are not whole grain. Proper documentation from the manufacturer or a standardized recipe is required.

Some products include flour blends listed in the ingredient declaration, for example, *Ingredients: Flour blend (whole-wheat flour, enriched flour), sugar, cinnamon, etc.* When trying to determine if whole grain is the primary ingredient by weight for these products, program operators will need to know either that the whole-grain content is at least 8.0 grams per oz eq or that the weight of the whole grain is greater than the first ingredient listed after the flour blend (such as sugar in the example, as well as the enriched flour). Bran and germ ingredients are not creditable in school meal programs. Noncreditable grain ingredients in products at levels less than 2 percent are allowable, but not credited (See page 7 for more information).

Ready-to-Eat (RTE) breakfast cereals must list a whole grain as the primary ingredient **and** the cereal must be fortified. RTE cereals that are made from 100 percent whole grains are not required to be fortified. If the product includes enriched ingredients, or if the product itself is enriched, the ingredients or the product must meet the Food and Drug Administration's standards of identify for enrichment (21 CFR Section 137).

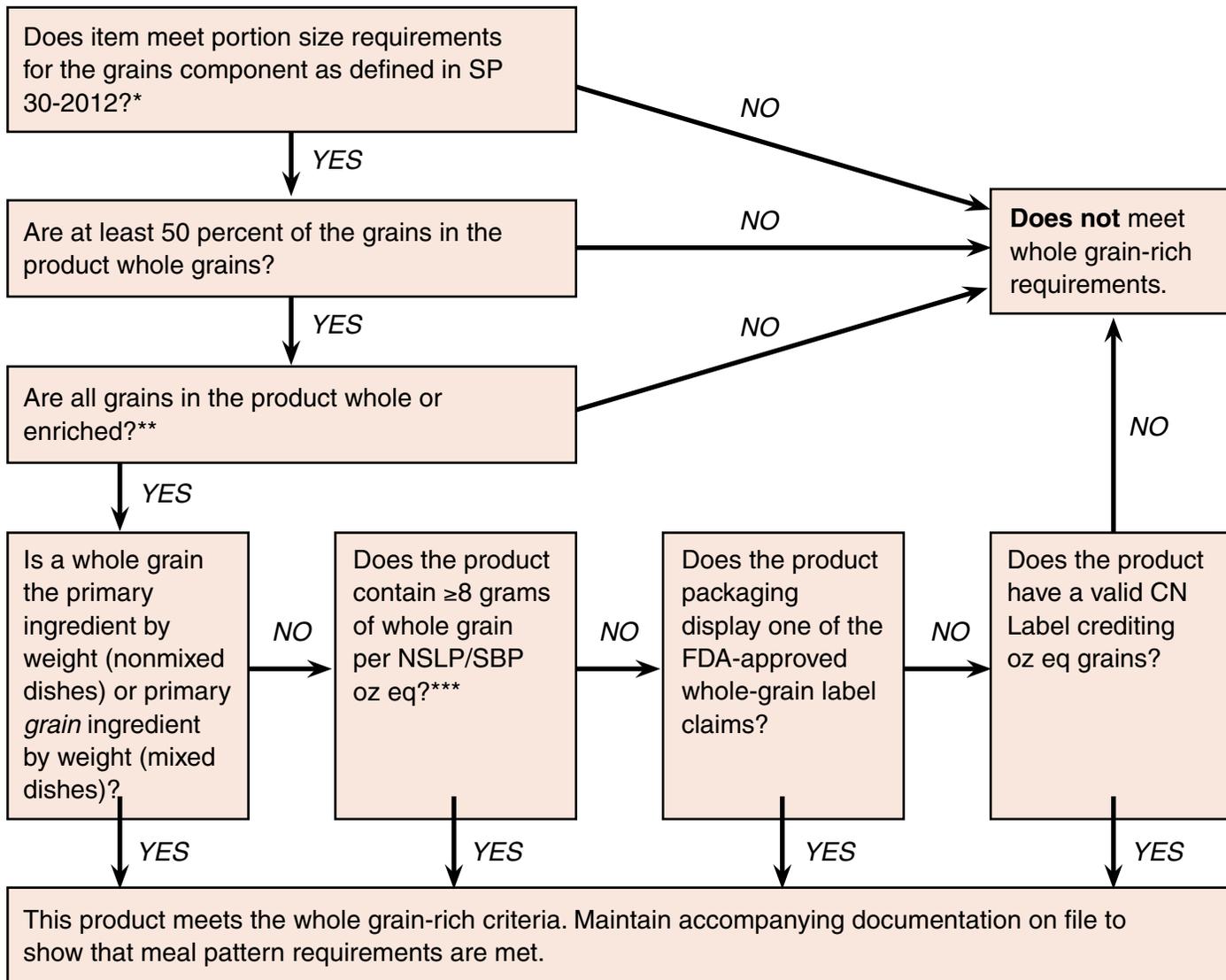
Manufacturers producing qualifying products (meat/meat alternate entrées containing grains) may apply for a Child Nutrition (CN) Label to indicate the number of oz eq grains that meet the whole grain-rich criteria. The term "oz eq grains" on the CN Label indicates that the product meets the whole grain-rich criteria, while the terms "bread" or "bread alternate" on the CN Label indicate that the product meets previous program requirements for grains/breads.



How Do I Know if a Product Meets Whole Grain-Rich Criteria?

There are many foods labeled as whole grain, such as pizza crusts, buns, breads, tortillas, and other products. The chart below will assist you in determining if your whole-grain product meets the criteria.

Does My Product Meet the Whole Grain-Rich Criteria?



*Must contain at least 0.25 ounce equivalent grains in order to credit toward meal pattern requirements.

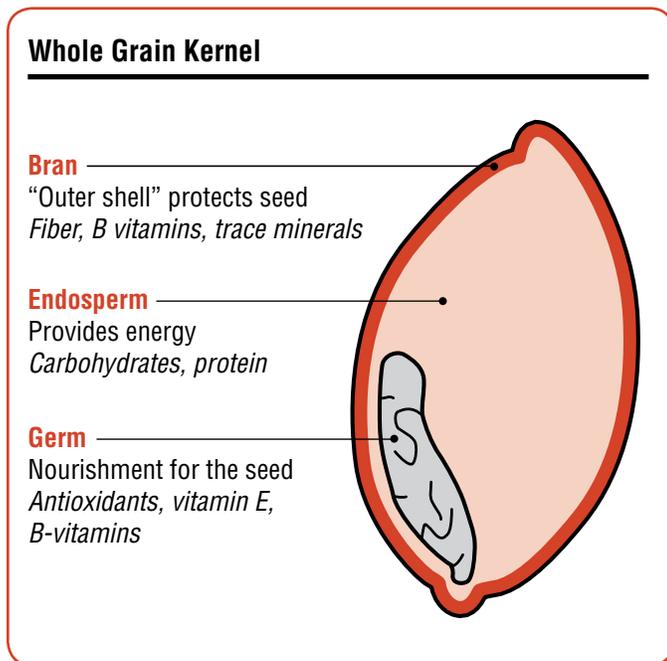
**Noncreditable grains should be limited to no more than 0.24 oz eq (3.99 grams for Groups A-G of the Revised Exhibit A or 6.99 grams for Groups H or I). See page 7 for more information.

***Applies to groups A-G of the revised Exhibit A only. Groups H and I require 28 grams of creditable grain per oz eq of which at least 14 grams are whole to meet the 50 percent whole grain-rich criteria.



What Is a Whole Grain?

Whole grains consist of the entire cereal grain seed or kernel. The kernel has three parts—the bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during the milling process. If the finished product retains the same relative proportions of bran, germ, and endosperm as the original grain, it is considered a whole grain.



When you see the following words, you will know that by the U.S. Food and Drug Administration (FDA) Standards of Identity, they describe whole grains that are used as ingredients:

- Cracked wheat
- Crushed wheat
- Whole-wheat flour
- Graham flour
- Entire-wheat flour
- Bromated whole-wheat flour
- Whole durum wheat flour

Common and usual names for other whole grains are noted below:

- The word *whole* listed before a grain, for example, *whole* wheat
- The words *berries* and *groats* are also used to designate whole grains, for example, wheat *berries* or oat *groats*
- Rolled oats and oatmeal (including old-fashioned, quick-cooking, and instant oatmeal)
- Reconstituted whole wheat can be considered whole grain when the reconstitution is done by the original milling facility to ensure the same batch of whole grain is returned to natural proportions. Request documentation from the milling company to state that they recombined the grain components to natural proportions of bran, germ, and endosperm.
- Other whole-grain products that do not use the word “whole” in their description, for example, brown rice, brown rice flour, wild rice, quinoa, millet, triticale, teff, amaranth, buckwheat, or sorghum.

A more comprehensive overview of whole grains can be located on the following FDA website:
<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm151902.htm>.



Grain ingredients that should not be considered whole grains (please contact your State agency to determine if a questionable grain ingredient is creditable):

flour	phosphated flour	hominy grits
white flour	self-rising flour	hominy
wheat flour	self-rising wheat flour	farina
all-purpose flour	enriched self-rising flour	semolina
unbleached flour	bread flour	degerminated corn meal
bromated flour	cake flour	enriched rice
enriched bromated flour	durum flour	rice flour
enriched flour	corn grits	couscous
instantized flour		

Grain products that often do not meet the whole grain-rich criteria:

- “Pot” or “Scotch” barley and “pearl” or “pearled” barley are *not* whole grain because bran has been removed. Look for the words whole barley or whole-grain barley on the product label or in the ingredient statement. However, the FDA has recognized that “dehulled barley” is a whole grain.
- “Stone ground” does not necessarily mean that the product is whole grain. “Stone ground” describes the process used for making the flour or meal. Look for “whole” in combination with “stone ground” in the ingredient statement.
- Whole corn “treated with lime” (often used in tortilla chips, taco shells and tamales, and may be called “masa”). These items must bear one of the FDA whole-grain health claims on product packaging in order to meet the whole grain-rich criteria (see page 3 for complete health claims). Manufacturers may also provide documentation showing that their product meets the requirements for this claim to demonstrate that the whole grain-rich criteria are met. Please see FNS Memo SP 02-2013 (<http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2013/SP02-2013os.pdf>) for complete guidance on selecting products made from corn masa. Please refer to the FDA Modernization Act for the full requirements of health claims related to whole-grain foods (page 31).

- When a grain name, such as wheat, rice, or rye flour is listed in the ingredient statement, but has no descriptor (such as “whole-grain” for wheat or “brown” for rice), the program operator needs to obtain further documentation from the manufacturer before purchasing the food product to ensure it meets the whole grain-rich criteria.

Noncreditable grains:

There are some grain ingredients such as oat fiber, corn fiber, bran, germ, modified food starch, corn starch, and wheat starch (including potato, legume, and other vegetable flours) that do not contribute toward meal pattern components. If purchased grain products include these ingredients they must be present at a level of less than 2 percent of the product formula (or less than 0.25 oz eq) for the product to be creditable at lunch or breakfast beginning SY 2013-2014.



Incorporating Products That Meet Whole Grain-Rich Criteria

Purchasing

Before purchasing new products containing whole grains, look carefully at the whole product. When soliciting bids from manufacturers, specify that products must be made from 50 percent or more whole grains with all remaining grains being enriched. Prior to purchasing, double check the ingredient statement and any accompanying manufacturer documentation to ensure that the product meets whole grain-rich criteria. In addition, to be consistent with the *2010 Dietary Guidelines for Americans* (DGAs), program operators are encouraged to purchase and serve grain items that meet the whole grain-rich criteria that are also low in sugars and/or fat.

Storing Whole Grains

As with all foods, use FIFO (First In, First Out) principles when storing whole-grain items. Because whole-grain ingredients (e.g., whole-wheat flour, brown rice) retain the bran and the oil-rich germ, these items may turn rancid when stored in warm areas and have a shorter shelf life than their refined counterparts. To increase shelf life, store these products in a cool, dry place in airtight containers. If products will not be used within a short period of time, they should be stored in the refrigerator or freezer.

Introducing Foods That Meet Whole Grain-Rich Criteria

Some students may not be familiar with foods that meet the whole grain-rich criteria. To encourage them to try different products, conduct student taste tests to select items that have the most student appeal. By documenting the taste tests and student preferences, program operators may develop a list of appealing products for purchase that meet the whole grain-rich criteria.

Serving items that meet the whole grain-rich criteria in versions that are popular with students also increases acceptability. Introduce whole grains in student favorites, such as pizza or spaghetti. Increase the number of offerings that meet the whole grain-rich criteria from the 50 percent that is required beginning SY 2012-2013 to all grain offerings meeting the whole grain-rich criteria as required by SY 2014-2015.

The goal is to offer nutritious items that meet the whole grain-rich criteria and that students will enjoy. If students prefer to select grain options that are lighter in color, you may choose to incorporate products or recipes that use white whole-wheat flour to increase acceptance. Including a dessert on a limited basis (2 oz eq per week at lunch) as an element of a reimbursable meal can also have the positive effect of increasing acceptance and encouraging children to more fully participate in the meal service.



Ideas for Adding Products That Meet Whole Grain-Rich Criteria to Menus

Consider the menu suggestions below to add grains items that are acceptable to children in versions that meet the whole grain-rich criteria:

- Ready-to-eat cereals
- Cooked breakfast cereals*
- Granola
- Granola bars or cereal bars
- Pancakes* or waffles
- Bagels or muffins
- Breads, rolls, or buns
- Tortillas,* taco shells
- Pretzels
- Pita pockets
- Cornbread
- Crackers
- Side dishes (e.g., brown rice,* wild rice, cracked wheat, whole-grain bulgur or barley, whole specialty grains)
- Pasta, such as macaroni,* spaghetti,* vermicelli, or other whole-grain noodles
- Salads (cracked wheat, whole-grain bulgur, whole specialty grains)
- Other uses of whole grains (soups, casseroles, combination dishes)
- Soba noodles (with whole buckwheat flour as primary ingredient)

*Currently available through USDA Foods.



Determining if Products Meet Whole Grain-Rich Requirements

Examples and Acceptable Documentation

This section can help program operators determine if grain items meet the whole grain-rich criteria for school meals. It includes sample products, an explanation of how to determine if the products meet whole grain-rich criteria, and the type of documentation needed to ensure that reimbursable meal pattern requirements are met. Program operators should check with their State agency prior to purchasing new grain products if they are unsure the item will meet requirements, or if they have questions on what type of documentation is needed for documenting meal pattern compliance.



Acceptable Forms of Documentation for Items That Meet Whole Grain-Rich Criteria

In order to document that the grain items served meet whole grain-rich criteria, program operators should maintain one or more of the following types of documentation on file:

- An ingredient declaration from a product carton that shows a whole grain as the primary ingredient by weight.*
- A copy of a food label showing the amount of whole grain in grams for the appropriate NSLP/SBP serving size or copy of a food label displaying one of the FDA whole-grain health claims.*
- USDA-Authorized CN Labels for entree items that include grains.
- A customized product formulation statement on manufacturer letterhead.* Sample product formulation templates for grain products can be seen on page 25 of this document and accessed through the CN Labeling website at: <http://www.fns.usda.gov/cnd/cnlabeling/food-manufacturersindustry>.
- A recipe that includes the ingredients and ingredient amounts by weight and volume.
- USDA Foods Fact Sheet (applicable for USDA Foods indicated as meeting the whole grain-rich criteria. Please note that fact sheets must be accompanied by acceptable manufacturer documentation if it is not clear that the item meets whole grain-rich criteria).

***Program operators may need additional information when using these items to document meal pattern compliance. Compare manufacturer documentation with ingredient statement and verify that crediting calculations on documentation are accurate.**



All Natural Whole-Wheat Pasta

Nutrition Facts	
Serving Size 2 oz	
Amount Per Serving	
Calories 200	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 41g	14%
Dietary Fiber 6g	24%
Sugars 2g	
Proteins 7g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	10%
Not a significant source of Cholesterol, Vitamin A, Vitamin C	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	



Ingredients:
Whole grain wheat flour, wheat flour, oat fiber.

This product ingredient statement lists a whole grain as the primary ingredient by weight (whole grain wheat flour). However, it also contains unenriched wheat flour, oat fiber, and the pasta itself is not enriched.

Many pastas contain a blend of whole-wheat flour and unenriched flour. Products containing more than 0.24 ounce equivalents of noncreditable grains may not contribute toward the reimbursable meal. The program operator should request a product formulation statement to ensure the grams of noncreditable grain do not exceed a 0.24 ounce equivalency (6.99 grams for items in Group H of Exhibit A) prior to purchasing. If the product contains more than the allowable amount of noncreditable grains, it is not creditable toward meal pattern requirements.



Whole-Grain Chicken Corn Dog

Nutrition Facts		
Serving Size 4 oz (112g)		
Servings Per Case: 72		
Amount Per Serving		
Calories 240	Calories from Fat 70	
% Daily Value*		
Total Fat 8g	12%	
Saturated Fat 2g	10%	
<i>Trans</i> Fat 0g		
Cholesterol 20mg	7%	
Sodium 590mg	25%	
Total Carbohydrate 33g	11%	
Dietary Fiber 5g	20%	
Sugars 9g		
Proteins 9g	18%	
Calcium	15%	
Iron	15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



Batter Ingredients:

Water, whole wheat flour, whole grain corn, vegetable oil, sugar, contains 2% or less of leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, ascorbic acid, egg white, dried honey, artificial flavor.

Chicken Frank Ingredients:

Mechanically separated chicken, water, corn syrup solids, contains less than 2% of spices, salt, sodium phosphate, potassium chloride, flavorings, sodium diacetate, sodium erythorbate, sodium nitrite. Contains: Wheat

Corn dogs are mixed dishes as they contribute to both the grain and meat/meat alternate components. This corn dog lists a whole grain as the primary grain ingredient (first ingredient listed) in the batter and all other grains are whole, so the product meets whole grain-rich requirements. Maintain a copy of the label or product formulation statement on file to show that whole grain-rich criteria for reimbursable meals are being met.



White Whole-Wheat Breadsticks

Nutrition Facts	
Serving Size: 2 Breadsticks (48g)	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 4g	
Proteins 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 8%
Ash 0%	• Folate 6%
Niacin 10%	• Riboflavin 4%
Thiamin 10%	•
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Total Carbohydrate 4 Protein 4



Ingredients for U.S. Market:

Whole wheat flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid), yeast, sugar, wheat gluten. Contains less than 2% of the following: soybean oil, salt, oat fiber, honey, sodium stearoyl lactylate, datem, acesulfame potassium, ascorbic acid, enzyme. May contain milk, soy, egg and sesame.

The ingredient statement for this product lists a whole grain first (whole-wheat flour). Additionally, the remaining grain in the product is enriched, so this product meets the whole grain-rich criteria. Because there is only one noncreditable grain (oat fiber) and it is listed as being 2 percent or less of the product formula, there is no need to request additional information from the manufacturer. Maintain a copy of the label on file for documenting that this product meets whole grain-rich requirements.



Whole-Grain Cereal Bar

Nutrition Facts	
Serving Size 1 bar (28g)	
Amount Per Serving	
Calories 105	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 7g	
Proteins 1g	
Calcium	8%
Iron	2%
Not a significant source of Cholesterol, Vitamin A, Vitamin C	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	



Ingredients:

Whole grain rolled oats, brown sugar, crisp brown rice, whole grain rolled wheat, soybean oil, whole wheat flour, almonds, water, freeze dried bananas, whole corn flour, sodium bicarbonate, malted barley extract, soy lecithin, natural flavor, caramel color, alpha tocopherol acetate, BHT.

This cereal bar contains a whole grain as the first ingredient (whole-grain oats), and all other grains (crisp brown rice, whole-grain rolled wheat, whole-wheat flour, and whole corn flour) listed are also whole. Maintain a copy of the product label on file.



Reduced Carb Wheat Tortilla

Nutrition Facts	
Serving Size: 1 Tortillia (102g)	
Servings Per Package: 12	
Amount Per Serving	
Calories 280	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 880mg	37%
Total Carbohydrate 43g	14%
Dietary Fiber 30g	120%
Sugars 0g	
Proteins 12g	
Vitamin A 0%	• Vitamin C 0%
Calcium 20%	• Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



Ingredients:

Water, modified food starch, whole-wheat flour, wheat gluten, powdered cellulose, hydrogenated soybean oil, caramel color, wheat protein isolate (wheat gluten, lactic acid, sulfite), sodium bicarbonate, contains 1% or less of salt, cellulose gum, cornstarch, distilled monoglycerides

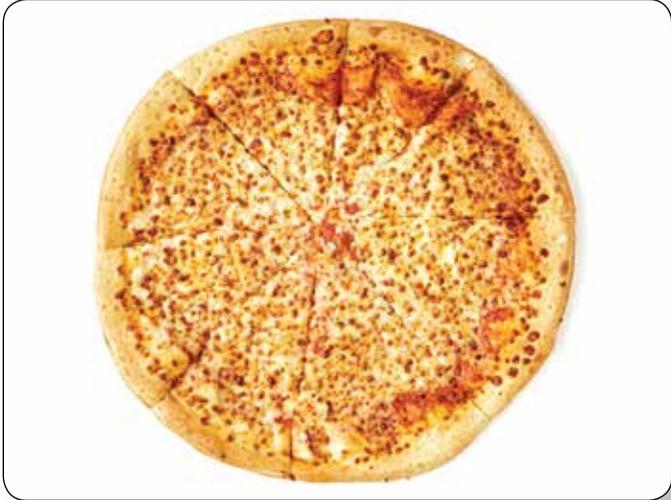
This product is a nonmixed dish that does not list a whole grain as the primary ingredient by weight. Modified food starch is considered a noncreditable grain and should not be present in grain items at more than 2 percent of the product formula (or 0.24 oz eq). Therefore, this product will not meet whole grain-rich criteria.



Whole-Grain Cheese Pizza

XXXXXX*

One 5.00 oz Wedge Cheese Pizza with Whole Wheat Crust provides 2.00 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 2.0 oz eq Grains for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**.)



Ingredients:
Crust (Flour blend [whole wheat flour, enriched wheat flour {bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners [wheat flour, salt, soy oil, ascorbic acid], wheat gluten). **Shredded Mozzarella Cheese** (Pasteurized part skim milk, cheese cultures, salt, enzymes). **Shredded Mozzarella Cheese Substitute** (Water, oil [soybean oil, partially hydrogenated soybean oil with citric acid], casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate], disodium phosphate, sorbic acid. **Sauce** (Water, tomato paste [not less than 28% NTSS], pizza seasoning [salt, sugar, spices, dehydrated onion, guar and xanthan gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate and soybean oil {prevent caking}], modified food starch). **CONTAINS: WHEAT, MILK, AND SOY.**

This pizza is CN-Labeled and credits “oz eq Grains” in the CN Label Statement. This means that the crust meets whole grain-rich criteria and the crediting on the CN Label can be used. Check to make sure that the CN number is valid on the CN Labeling website (www.fns.usda.gov/cnlabeling/authorized-manufacturers-and-labels) and maintain a copy of the product label on file.

Without the CN Label, the manufacturer would need to provide the weight of the crust per slice or the grams of creditable grain per slice, and the amount of unenriched wheat flour that is being used as a dough conditioner.

White Corn Tortillas

Nutrition Facts	
Serving Size: 1 Tortillia (41g)	
Servings Per Container: 8	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Proteins 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



Ingredients:

Whole corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), phosphoric acid (preservative), dextrose, guar gum, amylase.

Corn masa (whole corn treated with lime) processed in the traditional manner using wet corn milling removes a significant amount of the corn pericarp and dissolves part of the corn kernel. Some of the whole-grain content is removed in the washing/rinsing of the corn during this process. If the product bears one of the FDA whole-grain health claims on its packaging, it meets the whole grain-rich criteria (see page 7 for more information). Manufacturers may also provide documentation showing that their product meets the requirements for these claims to demonstrate that the whole grain-rich criteria are met. Without the FDA whole-grain health claim or acceptable manufacturer documentation, this product does not meet whole grain-rich criteria.

Enrichment of corn masa is not required for School Meal Programs when the finished corn product bears the FDA whole-grain health claim. If the corn product includes other grain ingredients, those ingredients should be whole or enriched. Noncreditable grains should be limited to less than 2 percent of product formula (or less than 0.24 oz eq grains).



Cornbread (School Recipe)

YIELD:		VOLUME:			
50 Servings:	4 lb 14 oz (batter) 1 half-sheet pan	50 Servings:	about 2 quarts 2 cups (batter) 50 pieces		
100 Servings:	9 lb 12 oz (batter) 2 half-sheet pans	100 Servings:	1 gallon 1 quart (batter) 100 pieces		
Ingredients		Weight	Measure		
Flour, enriched bleached		1 lb	3 ¾ cups		
Flour, whole-wheat		½ lb	2 cups		
Cornmeal, whole-grain		1 lb	3 ¾ cups		
Salt			1 ¼ tsp		
Eggs, whole		5 ¼ oz	⅔ cup		
Baking powder			2 Tbsp 2 tsp		
Sugar		5 ¼ oz	¾ cup		
Instant nonfat dry milk, reconstituted			3 ¾ cups		
Vegetable oil			½ cup		
Nutrients Per Serving					
Calories	108	Saturated Fat	0.45 g	Iron	0.90 mg
Protein	2.65 g	Cholesterol	13 mg	Calcium	68 mg
Carbohydrate	18.03 g	Vitamin A	51 IU	Sodium	151 mg
Total Fat	2.82 g	Vitamin C	0.1 mg	Dietary Fiber	1.0 g

In this recipe, the whole-grain cornmeal, enriched flour, and whole-wheat flour each count as creditable grains. The weight of the whole grains exceeds the weight of the enriched flour, so this product meets the whole grain-rich criteria. Maintain the recipe on file to document that the product meets meal pattern requirements.

For commercial products that contain more than one whole grain with an enriched grain listed first in the ingredient statement, the manufacturer must provide a product formulation statement demonstrating that the whole grains exceed enriched grains. A sample product formulation statement is located on page 25.



Whole-Grain Ready-To-Eat Cereal

Nutrition Facts

Serving Size: 3/4 cup (29g)
 Servings Per Container: about 9

Amount Per Serving	Cereal (dry)	Cereal with 1/2 cup skim milk
Calories	120	160
Calories from Fat	10	10

	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 85mg	4%	6%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 1g	4%	4%
Sugars 7g		

Proteins 2g

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	15%	15%
Vitamin D	10%	25%
Thiamin	15%	20%
Riboflavin	10%	25%
Niacin	15%	15%
Vitamin B6	15%	15%
Folic Acid	15%	15%
Vitamin B12	15%	25%

* Amount in Cereal (dry). Cereal with 1/2 cup skim milk contributes an additional 40 Calories, 0.5 g Total Fat, 55 mg Sodium, 6 g Total Carbohydrate (6 g Sugars), 4 g Protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Ingredients:

Whole grain wheat, sugar, brown rice flour, whole grain oats, honey, canola oil, maltodextrin, salt, corn syrup, cinnamon, barley malt syrup, barley malt extract, color added, soy lecithin, artificial flavor, baking soda, trisodium phosphate, vitamin E (mixed tocopherols) and BHT added to preserve freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin E acetate, a B vitamin (niacinamide), Vitamin C (sodium ascorbate), Iron (a mineral nutrient), Vitamin B6 (pyridoxine hydrochloride, Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B12, Vitamin D3.

To meet the whole grain-rich criteria, ready-to-eat (RTE) breakfast cereals must list a whole grain first in the ingredient list and the cereal must be fortified. This cereal meets both requirements. Maintain a copy of the label on file. Cereals that are 100 percent whole grain (containing less than 6.99 grams of non-whole grain per NSLP/SBP ounce equivalency) do not need to be fortified to meet requirements.



USDA Foods



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, September 2013)

Visit us at www.fns.usda.gov/fdd

100938 - TORTILLA, WHOLE WHEAT, FROZEN, 27 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> These frozen 8 inch whole wheat tortillas are made of whole wheat flour or a combination of whole wheat flour and enriched wheat flour. The tortillas meet the HealthierUS School Challenge whole wheat criteria for a whole wheat food.
PACK/YIELD	<ul style="list-style-type: none"> 12/24 ct pouches per 27 lb case. One 27 lb case AP yields about 288 tortillas. One pouch AP yields about 24 tortillas. CN Crediting: 1 Whole wheat tortilla made with whole wheat flour provides 1.5 oz equivalent grains.
STORAGE	<ul style="list-style-type: none"> Store frozen whole wheat tortillas at 0°F or below in original shipping case off the floor. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Whole wheat tortilla, 8 inch

	1 tortilla (44 g)
Calories	120
Protein	4.0 g
Carbohydrate	20 g
Dietary Fiber	3 g
Sugars	1 g
Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	1 mg
Calcium	100 mg
Sodium	340 mg
Magnesium	0 mg
Potassium	0 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0 mg

Many products available to schools through the USDA Foods Program (formerly known as USDA commodities) do not include a label on product packaging. Obtain the USDA Foods code number from the manufacturer and visit the USDA Foods Available List for Schools and Institutions (<http://www.fns.usda.gov/fdd/foods/healthy/Professional.htm>) to access the product fact sheet. Check this site on a regular basis to stay abreast of changes in USDA Food offerings and maintain fact sheets on file to show that criteria are being met. Examples of current grain options available through USDA Foods that meet the whole grain-rich criteria include: whole-wheat tortillas, oatmeal, brown rice, whole-grain pastas (macaroni, rotini, and spaghetti), and whole-grain pancakes.

It may be necessary to contact the manufacturer for a product formulation statement if it is unclear whether the item meets whole grain-rich criteria. Sample product formulation statements for grain items can be accessed on page 25 of this document and through the CN Labeling website at: <http://www.fns.usda.gov/sites/default/files/PFSgrains13-14.pdf>.



Calculating Ounce Equivalencies

Program operators have the ability to credit ounce equivalencies for grain products based on the ounce weights listed in FNS Policy Memo SP 30-2012 and updated Exhibit A, or by the grams of creditable grain in each product portion (documented by standardized recipe or product formulation statement signed by a manufacturer). The following examples demonstrate how each method may be used to determine how qualifying products meet ounce equivalency requirements for grains in the National School Lunch and Breakfast programs.

Sample Product 1:

Whole-Grain Bread

- One slice weighs 0.9 oz
- Ingredient statement lists whole-wheat flour first. All other grains are enriched.
- Manufacturer documentation states that each slice contains 17 grams of creditable grain and no noncreditable grains

1. Calculating based on total weight of creditable product:

Because this product contains the required 16 grams of creditable grain per ounce equivalent for Groups A-G of the revised Exhibit A, we may credit it using the Exhibit A weight. The weight of the bread slice is divided by the standard weight listed for Group B products (see page 23).

Calculation: $0.9 \text{ oz} \div 1.0 \text{ oz} = 0.9 \text{ oz}$

0.9 oz rounds down to **0.75 oz eq grains** per slice.



2. Calculating based on grams of creditable grain ingredient:

The same slice of bread may be credited using the amount of creditable grain. Manufacturers must provide documentation on company letterhead (or schools may retain a copy of their standardized recipe). Sample product formulation statements are provided starting on page 25.

For this calculation, divide the grams of creditable grain by the standard of 16 grams per oz equivalent.

Calculation: $17 \text{ g} \div 16 \text{ g} = 1.06$

1.06 rounds down to **1.0 oz eq grains** per slice.

continued on next page



Calculating Ounce Equivalencies (continued)

Sample Product 2:

Whole-Grain Pasta

- One portion of dry pasta weighs 32 grams (including creditable grains and other ingredients).
- Ingredient statement lists whole-wheat flour first. All other grains are enriched.
- Manufacturer documentation states that each $\frac{1}{2}$ cup (cooked) contains 29 grams of creditable grain.

1. Calculating based on Exhibit A volume:

Group H of Exhibit A states that $\frac{1}{2}$ cup of cooked pasta (made from creditable ingredients) provides 1.0 ounce equivalent grains. Product label and manufacturer documentation should be maintained on file.

Calculation: $\frac{1}{2}$ cup served \div $\frac{1}{2}$ cup per oz eq =
1.0 oz eq grains

2. Calculating based on dry weight:

For this calculation, the weight of the dry portion of pasta is divided by the weight listed for that product in the appropriate group of the revised Exhibit A.

Calculation: $32 \text{ g} \div 28 \text{ g} = 1.14$

1.14 rounds down to **1.0 oz eq grains** per portion of dry pasta.



3. Calculating based on grams of creditable grain ingredient per portion:

The same pasta may be credited using the percent of creditable grain. Manufacturers must provide documentation on company letterhead.

For this calculation, divide the grams of creditable grain by the standard of 28 grams per oz equivalent for Group H of Exhibit A.

Calculation: $29 \text{ g} \div 28 \text{ g} = 1.03$

1.03 rounds down to **1.0 oz eq grains** per $\frac{1}{2}$ cup cooked pasta.



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
<ul style="list-style-type: none"> 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 g or 0.8 oz 3/4 oz eq = 17 g or 0.6 oz 1/2 oz eq = 11 g or 0.4 oz 1/4 oz eq = 6 g or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> Bagels Batter type coating Biscuits Breads (sliced whole wheat, French, Italian) Buns (hamburger and hot dog) Sweet crackers⁴ (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 g or 1.0 oz 3/4 oz eq = 21 g or 0.75 oz 1/2 oz eq = 14 g or 0.5 oz 1/4 oz eq = 7 g or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> Cookies³ (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 g or 1.2 oz 3/4 oz eq = 26 g or 0.9 oz 1/2 oz eq = 17 g or 0.6 oz 1/4 oz eq = 9 g 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.

continued on next page



Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements for School Meal Programs^{1,2} (continued)

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars⁴ (plain) • Muffins (all, except corn) • Sweet roll⁴ (unfrosted) • Toaster pastry⁴ (unfrosted) 	1 oz eq = 55 g or 2.0 oz 3/4 oz eq = 42 g or 1.5 oz 1/2 oz eq = 28 g or 1.0 oz 1/4 oz eq = 14 g or 0.5 oz
GROUP E	OZ EQ FOR GROUP E
<ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls⁴ (frosted) • Toaster pastry⁴ (frosted) 	1 oz eq = 69 g or 2.4 oz 3/4 oz eq = 52 g or 1.8 oz 1/2 oz eq = 35 g or 1.2 oz 1/4 oz eq = 18 g or 0.6 oz
GROUP F	OZ EQ FOR GROUP F
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴ 	1 oz eq = 82 g or 2.9 oz 3/4 oz eq = 62 g or 2.2 oz 1/2 oz eq = 41 g or 1.5 oz 1/4 oz eq = 21 g or 0.7 oz
GROUP G	OZ EQ FOR GROUP G
<ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (all varieties, frosted) 	1 oz eq = 125 g or 4.4 oz 3/4 oz eq = 94 g or 3.3 oz 1/2 oz eq = 63 g or 2.2 oz 1/4 oz eq = 32 g or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • 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 ages 1 through 5 in the National School Lunch Program; and meals served to children ages 1 through 5 and adult participants in the Child and Adult Care Food Program. 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.



Formulation Statement for Documenting Grains in School Meals

Required Beginning School Year (SY) 2013-2014

(Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: _____ Code No.: _____

Manufacturer: _____ Serving Size: _____
(raw dough weight may be used to calculate creditable grain amount)

- I. Does the product meet the whole grain-rich criteria:** Yes No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)
- II. Does the product contain noncreditable grains:** Yes No **How many grams:** _____
(Products with more than 0.24 ounce equivalent (oz eq) or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)
- III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains), or Group I (ready-to-eat breakfast cereals).** (Different methodologies are applied to calculate servings of the grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the product belongs: _____

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹ A	Gram Standard of Creditable Grain per oz equivalent (16 g or 28 g) ² B	Creditable Amount A ÷ B
Total Creditable Amount³			

* Creditable grains are whole-grain meal/flour and enriched meal/flour.

¹ (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

² Standard grams of creditable grains from the corresponding Group in Exhibit A.

³ Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased _____

Total contribution of product (per portion) _____ oz equivalent

I certify that the above information is true and correct and that a _____ ounce portion of this product (ready for serving) provides _____ oz equivalent Grains. I further certify that noncreditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.

Signature _____ Title _____

Printed Name _____ Date _____ Phone Number _____



Formulation Statement for Documenting Grains in School Meals

Required Beginning School Year (SY) 2013-2014

Crediting Standards Based on Revised Exhibit A weights per ounce equivalent (oz eq)

School Food Authorities (SFAs) should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: _____ Code No.: _____

Manufacturer: _____ Serving Size: _____

I. Does the product meet the whole grain-rich criteria: Yes No

(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain noncreditable grains: Yes No **How many grams:** _____

(Products with more than 0.24 oz eq or 3.99 grams for Groups A-G and 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains), or Group I (ready-to-eat breakfast cereals). *(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)*

Indicate to which Exhibit A Group (A-I) the product belongs: _____

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of 1.0 ounce equivalent as listed in SP 30-2012 B	Creditable Amount A ÷ B
Total Creditable Amount¹			

¹ Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased _____

Total contribution of product (per portion) _____ oz equivalent

I further certify that the above information is true and correct and that a _____ ounce portion of this product (ready for serving) provides _____ oz equivalent grains. I further certify that noncreditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.

Signature _____ Title _____

Printed Name _____ Date _____ Phone Number _____



Formulation Statement for Documenting Grains in School Meals

Required Beginning School Year (SY) 2013-2014

(Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Wheat Smile Pancakes Code No.: 14005
 Manufacturer: ABC Bread Company Serving Size: 2 pancakes -50g (1.75oz)
 (raw dough weight may be used to calculate creditable grain amount)

- I. Does the product meet the Whole Grain-Rich Criteria:** Yes No
 (Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)
- II. Does the product contain noncreditable grains:** Yes No **How many grams:** _____
 (Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)
- III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals).** (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the product belongs: C

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹ A	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) ² B	Creditable Amount A ÷ B
Whole wheat flour (47%)	23.5	16	1.4687
Enriched flour (22%)	11	16	.6875
			2.15
Total Creditable Amount³			2.00

* Creditable grains are whole-grain meal/flour and enriched meal/flour.
 1 (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.
 2 Standard grams of creditable grains from the corresponding Group in Exhibit A.
 3 Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 50 g (1.75oz)
 Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 2.00 oz equivalent Grains. I further certify that noncreditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.

Signature _____ Title _____
 Printed Name _____ Date _____ Phone Number _____

Formulation Statement for Documenting Grains in School Meals

Required Beginning School Year (SY) 2013-2014

Crediting Standards Based on Revised Exhibit A weights per ounce equivalent (oz eq)

School Food Authorities (SFAs) should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Wheat Smile Pancakes Code No.: 14005
 Manufacturer: ABC Bread Company Serving Size: 2 pancakes 50g (1.75oz)

I. Does the product meet the whole grain-rich criteria: Yes No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain noncreditable grains: Yes No **How many grams:** _____
(Products with more than 0.24 oz eq or 3.99 grams for Groups A-G and 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains), or Group I (RTE breakfast cereals). *(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)*

Indicate to which Exhibit A Group (A-I) the product belongs: C

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of 1.0 ounce equivalent as listed in SP 30-2012 B	Creditable Amount ¹ A ÷ B
Pancakes	50 grams	34 grams	1.47
Total Creditable Amount²			1.25

¹ Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 50 g

Total contribution of product (per portion) 1.25 oz equivalent

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 1.25 oz equivalent grains. I further certify that noncreditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.

Signature _____ Title _____

Printed Name _____ Date _____ Phone Number _____



HealthierUS School Challenge Whole Grain-Rich Criteria

The HealthierUS School Challenge (HUSC) is a voluntary certification initiative established in 2004 to recognize those schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity.

In February 2010, the HealthierUS School Challenge was incorporated into the White House's *Let's Move!* campaign to raise a healthier generation of kids. At that time, monetary **incentive awards** became available for each HUSC award level: Bronze, Silver, Gold, and Gold Award of Distinction.

The goal of the HealthierUS School Challenge is to improve the health of the Nation's children by promoting healthier school environments. To help meet the goal, the **Food and Nutrition Service (FNS)** identifies schools that have made changes to

1. improve the quality of the foods served,
2. provide students with nutrition education, and
3. provide students with physical education and opportunities for physical activity.

For more information on the HealthierUS School Challenge and to apply, please visit <http://www.fns.usda.gov/tn/HealthierUS/index.html>

HealthierUS School Challenge Whole Grain-Rich Criteria:

Breakfast

- **Gold Award of Distinction**
100 percent of grains offered weekly meet whole grain-rich criteria.
- **Gold**
70 percent of grains offered weekly meet whole grain-rich criteria.
- **Bronze/Silver**
50 percent of grains offered weekly meet whole grain-rich criteria.

Lunch

- **Gold/Gold Award of Distinction**
All grains offered meet whole grain-rich criteria.
- **Bronze/Silver**
Two-thirds of the grains offered over a week meet whole grain-rich criteria.

Criteria for Whole Grain-Rich Variety:

- **Bronze/Silver/Gold**
At least three different types of foods offered during the week meet whole grain-rich criteria.
- **Gold Award of Distinction**
Same as above plus only 1.0 ounce equivalent grains per week may be a grain-based dessert.

continued on next page



HealthierUS School Challenge Whole Grain-Rich Criteria (continued)

How Can Schools Comply With the HealthierUS School Challenge (HUSCC) Whole Grain-Rich Criteria?

Menu planners should count whole grains to meet the criteria as follows:

Breakfast:

Prior to school year 2014-2015, for Bronze and Silver award levels, at least half of the grains offered at breakfast must meet whole grain-rich criteria. For Gold award levels, at least 70 percent of grains offered must meet whole-grain rich criteria, and for Gold Award of Distinction, all grains offered must meet whole grain-rich criteria.

After school year 2014-2015, all grains served at breakfast must meet whole grain-rich criteria for **all** HUSCC award levels. This is consistent with the meal pattern requirements for that school year and beyond.

Lunch:

Prior to school year 2014-2015, for Bronze and Silver award levels, at least two-thirds of the grains offered at lunch over a week must meet whole grain-rich criteria. For the Gold Award and Gold Award of Distinction, all grains offered must meet whole grain-rich criteria.

After school year 2014-2015, all grains served at lunch must meet whole grain-rich criteria for **all** HUSCC award levels. This is consistent with the meal pattern requirements for that school year and beyond.

Additionally, menu planners are encouraged to serve a variety of foods that meet whole grain-rich criteria and may not serve the same product every day to count for the HUSCC whole grain-rich criteria. For Bronze, Silver, and Gold awards at lunch, at least three different types of foods meeting the whole grain-rich criteria must be offered during the week. Of the weekly total for lunch, up to two (2.0) ounce equivalent grains per week may be in the form of a grain-based dessert. For a Gold Award of Distinction, the same variety criteria are in place; however, only one grain offering per week may be a grain-based dessert at lunch.



Food And Drug Administration Modernization Act (FDAMA) Requirements for Health Claims Related to Whole Grain Foods

(1) Health Claim Notification for Whole Grain Foods with Moderate Fat Content

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm073634.htm>

“Diets rich in whole grain foods and other plant foods, and **low in saturated fat and cholesterol**, may help reduce the risk of heart disease.”

Manufacturers may use the specified claim on the label and in labeling of any food product that meets the eligibility criteria described in the Kraft notification (and stated below), unless or until FDA or a court acts to prohibit the claim.

The Kraft notification defined “whole grain foods,” as specified in the 1999 whole grain notification, as foods that contain 51% or more whole grain ingredient(s) by weight per reference amount customarily consumed (RACC). FDA intends to assess compliance with this definition in the use of the proposed health claim by reference to the dietary fiber level of whole wheat, the predominant grain in the U.S. diet. Whole wheat contains 11 grams of dietary fiber per 100 grams; thus, the qualifying amount of dietary fiber required for a food to bear the prospective claim may be determined by the following formula: $11 \text{ grams} \times 51\% \times \text{RACC}/100$:

- 3.0 g per RACC of 55 g
- 2.8 g per RACC of 50 g
- 2.5 g per RACC of 45 g
- 1.7 g per RACC of 35 g

The Kraft notification states that in order for foods to qualify for the proposed claim the foods must:

- (1) contain a minimum of 51% whole grains (using dietary fiber as a marker);
- (2) meet the regulatory definitions for “low saturated fat” and “low cholesterol;”
- (3) bear quantitative *trans* fat labeling; and
- (4) contain less than 6.5 grams total fat and 0.5 gram or less trans fat per RACC.

To meet the definitions in (2) noted above, the qualifying foods must contain 1 gram or less of saturated fat and 20 milligrams or less of cholesterol per RACC.

(2) Whole Grain Foods and Risk of Heart Disease and Certain Cancers

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064919.htm>

“Diets rich in whole grain foods and other plant foods and **low in total fat, saturated fat, and cholesterol** may reduce the risk of heart disease and some cancers.”

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Food And Drug Administration Modernization Act (FDAMA) Requirements for Health Claims Related to Whole Grain Foods (continued)

FDAMA (FDA Modernization Act) Health Claims (Health Claims Authorized Based on an Authoritative Statement by Federal Scientific Bodies)			
Approved Claims	Food Requirements	Claim Requirements	Model Claim Statements
<p>Whole Grain Foods and Risk of Heart Disease and Certain Cancers</p> <p><i>(Docket No. 1999P-2209)</i></p>	<p>Contains 51 percent or more whole grain ingredients by weight per RACC, and</p> <p>Dietary fiber content at least:</p> <ul style="list-style-type: none"> • 3.0 g per RACC of 55 g • 2.8 g per RACC of 50 g • 2.5 g per RACC of 45 g • 1.7 g per RACC of 35 g <p>Low fat</p>	<p><i>Required wording of the claim:</i></p> <p>“Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”</p>	<p>NA</p>



Definitions of Nutrient Content Claims

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064911.htm>

Nutrient	Free	Low	Reduced/Less	Comments
Total Fat <i>21 CFR 101.62(b)</i>	Less than 0.5 g per RACC and per labeled serving (or for meals and main dishes, less than 0.5 g per labeled serving) (b)(1) Contains no ingredient that is fat or understood to contain fat, except noted below (*7).	3 g or less per RACC (and per 50 g if RACC is small) (b)(2) Meals and main dishes: 3 g or less per 100 g and not more than 30% of calories from fat (b)(3)	At least 25% less fat per RACC than an appropriate reference food (or for meals and main dishes, at least 25% less fat per 100g) (b)(4) & (5) Reference food may not be “Low Fat”	“__% Fat Free”: may be used if food meets the requirements for “Low Fat” <i>21 CFR 101.62(b)(6)</i> 100% Fat Free: food must be “Fat Free” (b)(6)(iii) “Light”—see previous Calorie comments For dietary supplements: total fat claims cannot be made for products that are 40 calories or less per serving <i>21 CFR 101.62(a)(4)</i>
Saturated Fat <i>21 CFR 101.62(c)</i>	Less than 0.5 g saturated fat and less than 0.5 g trans fatty acids per RACC and per labeled serving (or for meals and main dishes, less than 0.5 g saturated fat and less than 0.5 g trans fatty acids per labeled serving) (c)(1) Contains no ingredient that is understood to contain saturated fat except as noted below (*8)	1 g or less per RACC and 15% or less of calories from saturated fat (c)(2) Meals and main dishes: 1 g or less per 100 g and less than 10% of calories from saturated fat (c)(3)	At least 25% less saturated fat per RACC than an appropriate reference food (or for meals and main dishes, at least 25% less saturated fat per 100g) (c)(4) & (5) Reference food may not be “Low Saturated Fat”	Next to all saturated fat claims, must declare the amount of cholesterol if 2 mg or more per RACC; and the amount of total fat if more than 3 g per RACC (or 0.5 g or more of total fat per RACC for “Saturated Fat Free”) (or for meals and main dishes, per labeled serving) <i>21 CFR 101.62(c)</i> For dietary supplements: saturated fat claims cannot be made for products that are 40 calories or less per serving <i>21 CFR 101.62(a)(4)</i>
Cholesterol <i>21 CFR 101.62(d)</i>	Less than 2 mg per RACC and per labeled serving (or for meals and main dishes, less than 2 mg per labeled serving) Contains no ingredient that contains cholesterol except as noted below (*9) (d)(1)	20 mg or less per RACC (and per 50 g of food if RACC is small) (d)(2) Meals and main dishes: 20 mg or less per 100 g (d)(3)	At least 25% less cholesterol per RACC than an appropriate reference food (or for meals and main dishes, at least 25% less cholesterol per 100g) (d)(4) & (5) Reference food may not be “Low Cholesterol”	Cholesterol claims only allowed when food contains 2 g or less saturated fat per RACC; or for meals and main dish products, per labeled serving size for “Free” claims or per 100 g for “Low” and “Reduced/Less” claims Must declare the amount of total fat next to cholesterol claim when fat exceeds 13 g per RACC and labeled serving (or per 50 g of food if RACC is small), or when the fat exceeds 19.5 g per labeled serving for main dishes or 26 g for meal products For dietary supplements: cholesterol claims cannot be made for products that are 40 calories or less per serving



U.S. Department of Agriculture
Food and Nutrition Service
FNS-464
January 2014