

Transitional Nutrition Standards: Whole Grain-Rich

Starting July 1, 2022, a minimum of eighty percent (80%) of the weekly grain servings must be whole grain-rich. This is 80% for School Breakfast Program (SBP) and 80% for National School Lunch Program (NSLP). The following are examples of how you can meet the 80% requirement while menu planning.

K-5 Breakfast (SBP) requires 7-10 oz eq grains for the week

Example 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain-Rich	1 oz eq	1 oz eq	1 oz eq	1 oz eq	1 oz eq
Enriched Grain	0.5 oz eq	0.5 oz eq	0.5 oz eq	0.5 oz eq	

Calculation: 5 oz eq whole grain-rich divided by 7 oz eq total servings = 71%

X does not meet standard

Example 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain-Rich	1 oz eq	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Enriched Grain		0.5 oz eq	0.5 oz eq		

Calculation: 6 oz eq whole grain-rich divided by 7 oz eq total servings = 85%

√ does meet the standard

K-5 Lunch (NSLP) requires 8-9 oz eq grains for the week

6-8th grade Breakfast (SBP) and Lunch (NSLP) requires 8-10 oz eq grains for the week

Example 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain-Rich	1 oz eq	0	2 oz eq	1 oz eq	2 oz eq
Enriched Grain		2 oz eq			

Calculation: 6 oz eq whole grain-rich divided by 8 oz eq total servings = 75%

X does not meet standard

Example 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain-Rich	1 oz eq	1 oz eq	2 oz eq	1 oz eq	2 oz eq
Enriched Grain		1 oz eq			

Calculation: 7 oz eq whole grain-rich divided by 8 oz eq total servings = 87%
√ does meet the standard

9-12th grade Breakfast (SBP) requires 9-10 oz eq grains for the week

Example 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain-Rich	2 oz eq	0	2 oz eq	2 oz eq	1 oz eq
Enriched Grain		2 oz eq			

Calculation: 7 oz eq whole grain-rich divided by 9 oz eq total servings = 77%
X does not meet standard

Example 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain-Rich	2 oz eq	2 oz eq	1 oz eq	1 oz eq	2 oz eq
Enriched Grain			0.5 oz eq	0.5 oz eq	

Calculation: 8 oz eq whole grain-rich divided by 9 oz eq total servings = 88%
√ does meet the standard

9-12th grade Lunch (NSLP) requires 10-12 oz eq grains for the week

Example 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain-Rich	2 oz eq	0	2 oz eq	2 oz eq	2 oz eq
Enriched Grain		2 oz eq	1 oz eq		

Calculation: 8 oz eq whole grain-rich divided by 11 oz eq total servings = 72%
X does not meet standard

Example 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain-Rich	2 oz eq	2 oz eq	2 oz eq	1 oz eq	2 oz eq
Enriched Grain				2 oz eq	

Calculation: 9 oz eq whole grain-rich divided by 11 oz eq total servings = 81%
 ✓ does meet the standard

Example 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain-Rich	3 oz eq	2 oz eq	2 oz eq	1 oz eq	2 oz eq
Enriched Grain			1 oz eq	1 oz eq	

Calculation: 10 oz eq whole grain-rich divided by 12 oz eq total servings = 83%
 ✓ does meet the standard

Summary of Weekly Servings needed for 80% Whole Grain-Rich

Minimum Whole Grain-Rich Servings	Enriched Grain Servings	Weekly Total Grain Servings	Percentage
6 oz eq	1 oz eq	7 oz eq	85%
6.5 oz eq	2 oz eq	8 oz eq	81%
7 oz eq	1 oz eq	8 oz eq	87%
7.5 oz eq	1.5 oz eq	9 oz eq	83%
8 oz eq	1 oz eq	9 oz eq	88%
8 oz eq	2 oz eq	10 oz eq	80%
9 oz eq	2 oz eq	11 oz eq	81%
10 oz eq	2 oz eq	12 oz eq	83%

Multiple serving lines: each line must have 80% for the week. The whole grain-rich offerings do not need to be identical on each line.

Whole Grain-Rich Criteria

Whole grain-rich products must contain at least 50% whole grains and the remaining grain, if any, must be enriched.

Enriched indicates the addition of one or more vitamins or minerals or protein to a food. FDA Standard of Identity for enrichment is found 21 CFR 137.

Additional guidance in the Food Buying Guide for Child Nutrition Programs and in [USDA Memo SP 30-2012](#): Grain Requirements for the National School Lunch Program and School Breakfast Program.