

Hawaii Child Care Nutrition Program: Grains & Breads Serving Size Chart

Serving sizes listed below are specified for children 3-5 & 6-12 years old (y/o). Note that all products must be made predominantly with enriched or whole grain flour or meal. This is not a comprehensive list of all foods. Groups, Food Components, Serving Sizes adapted from the *USDA Food Buying Guide; Exhibit A: Grain Requirements for Child Nutrition Programs*. **Any mention of specific brands of products is not an endorsement and is meant strictly for educational purposes.**

Group A		
	<ul style="list-style-type: none"> ▪ 3-5 y/o should have a minimum weight of 11 g (0.4 oz). ▪ 6-12 y/o should have a minimum weight of 22 g (0.8 oz). 	
<u>Food Component</u>	3-5 y/o	6-12 y/o
Bread Type Coating	11 grams (0.4 oz)	22 grams (0.8 oz)
Bread Sticks (hard) (e.g. Grissini, small 4-1/4" long)	3 sticks	5 sticks
Bread Stuffing (dry)	1/3 cup	2/3 cup
Chow Mein Noodles	1/4 cup	1/2 cup
Crackers (larger) (e.g. Townhouse Crackers, Club Crackers)	5 crackers	7 crackers
Crackers (Matzo, matzoh)	1/2 large	1 large
Crackers (saltines) (e.g. Soda Crackers)	4 squares	7 squares
Crackers (e.g. Crunchmaster)	6 crackers	11 crackers
Crackers (e.g. Ritz)	4 crackers	7 crackers
Crackers (e.g. Chicken in a Biskit)	5 crackers	9 crackers
Crackers (e.g. Sociables)	4 crackers	8 crackers
Crackers (e.g. Wheat Thins)	6 crackers	11 crackers
Crackers (e.g. Stoned Wheat Thins)	2 crackers	4 crackers
Crackers (e.g. Triscuits)	3 crackers	5 crackers
Crackers (e.g. Vegetable Thins)	8 crackers	16 crackers
Croutons	1/2 ounce	1 ounce
Melba Toast	3 slices	5 slices
Pretzel (hard-mini pretzel twists) (e.g. Rold Gold)	7 pretzels	14 pretzels
Pretzel (hard-mini pretzel twists) (e.g. Synder's)	8 pretzels	15 pretzels
Pretzel (sticks) (e.g. Synder's)	11 pretzels	21 pretzels
Pretzel (sticks) (e.g. Rold Gold)	22 pretzels	43 pretzels
Pretzel Chips (e.g. Pretzel Crisps) (e.g. Snack Factory)	5 chips	9 chips
Rice cakes	1 large cakes, 5 small cakes	2 large cakes, 10 small cakes
Saloon Pilot crackers (Diamond Bakery)	1 cracker	2 crackers
Wafers (rye) (e.g. Wasa)	2 wafers	4 wafers
Wafers (e.g. Wasa, RyVita)	1 wafer	2 wafers

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Group B		
<ul style="list-style-type: none"> ■ 3-5 y/o should have a minimum weight of 14 g (0.5 oz). ■ 6-12 y/o should have a minimum weight of 28 g (1.0 oz). 		
<u>Food Component</u>	3-5 y/o	6-12 y/o
Bagels (medium: ~3.5-4" dia.)	1/2 bagel	1 bagel
Batter Type Coating	13 g (0.5 oz)	26g (1 oz.)
Biscuits (homemade) (2.5" dia.)	1/2 biscuit	1 biscuit
Breads (white, wheat, whole wheat, rye, French, Italian, Vienna, raisin, multi-grain, quick breads)	1/2 slice	1 slice
Buns (hamburger, hot dog)	1/2 bun	1 bun
Chips, pita (e.g. Stacy's)	5 chips	10 chips
Chips, tortilla (multigrain tortilla chips) (e.g. Late July Sea Salt)	5 chips	9 chips
Chips, wheat, multi-grain, etc. (e.g. Sun chips)	8 chips	15 chips
Crackers (*animal) (e.g. Barnum's, Stauffer's, and Member's Mark)	8 crackers	16 crackers
Crackers (small cheese-flavored) (e.g. Cheese Nips)	14 crackers	28 crackers
Crackers (small cheese-flavored) (e.g. Cheez Its)	9 crackers	17 crackers
Crackers (e.g. goldfish)	26 pieces	52 pieces
Crackers (*graham 2 1/2" x 5")	1 cracker	2 crackers
Crackers (*graham-animal shapes, unfrosted – e.g. Teddy Grahams)	12 crackers	23 crackers
Crème crackers (e.g. Diamond Bakery)	2 crackers	4 crackers
Crepes	1/2 serving (0.5 oz)	1 serving (1 oz.)
Egg Roll	1 skin	2 skin
English Muffins (3"- 4" X ~1")	1/2 muffin	1 muffin
Oyster Crackers	1/3 cup (21 crackers)	2/3 cup (42 crackers)
Pita Bread (medium: ~ 5.25" dia., white or wheat)	1/4	1/2
Pizza Crust	1 serving	2 serving
Pretzels (soft, small: avg. wt. ~62 g)	1/4 pretzel	1/2 pretzel
Rolls (dinner, white, wheat, whole wheat, potato)	1/2 roll	1 roll
Taco / Tostada Shells	1 shell	2 shell
Tortillas (~ 7-8" dia., medium)	1/2 tortilla	1 tortilla
Wonton Skin	2 skin	4 skin

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Group C

- 3-5 y/o should have a minimum weight of **17 g (0.6 oz)**.
- 6-12 y/o should have a minimum weight of **34 g (1.2 oz)**.

<u>Food Component</u>	3-5 y/o	6-12 y/o
Cornbread (2.5" x 1.25")	1 piece	2 pieces
Corn Muffin (2-¾" dia x 2")	1/2 muffin	1 muffin
Croissant (Medium)	1/2 croissant	1 croissant
Pancakes (5" dia.)	1/2 pancake	1 pancake
Pancakes (3" dia.)	1 pancake	2 pancakes
Waffles (~4" square or round)	1 serving	1 ½ serving

Group D

- 3-5 y/o should have a minimum weight of **28 g (1.0 oz)**.
- 6-12 y/o should have a minimum weight of **55 g (2.0 oz)**.

<u>Food Components</u>	3-5 y/o	6-12 y/o
Breakfast biscuits (e.g. Belvita)	3 biscuits (crunchy) 26 biscuits (bites)	4 ½ biscuits (crunchy) 51 biscuits (bites)
Muffins - all but corn muffins (2-¾" dia x 2")	1/2 muffin	1 muffin

Group E

- 3-5 y/o should have a minimum weight of **35 g (1.2 oz)**.
- 6-12 y/o should have a minimum weight of **69 g (2.4 oz)**.

<u>Food Components</u>	3-5 y/o	6-12 y/o
French Toast	1 Slice	1 ½ Slice

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Group F

- Whole grain-rich, enriched or fortified ***cooked*** breakfast cereal, cereal grain, and/or pasta. A serving size for ***1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry.***
- Breakfast cereals must contain no more than ***6 grams of sugar per dry ounce*** (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
- Taro (Kalo) / Poi & Breadfruit (Ulu) can count as either a ***Whole Grain*** or a ***Vegetable.***

<u>Food Components</u>	<i>3-5 y/o</i>	<i>6-12 y/o</i>
Cooked Cereal Grains (Rice [enriched or brown], Oat, Wheat, Rye, Barley, Quinoa, Millet, Sorghum, Triticale, and Maize [corn, corn grits or meal])	1/4 cup	1/2 cup
Cooked Breakfast Cereals** (steel-cut oats, oatmeal, cream of wheat, etc.)	1/4 cup	1/2 cup
Bulgar (cracked wheat)	1/4 cup	1/2 cup
Noodles (all varieties; egg, somen, ramen, udon, rice, etc.)	1/4 cup	1/2 cup
Pasta (all varieties; spaghetti, penne, macaroni, ravioli, lasagna, etc.)	1/4 cup	1/2 cup
Taro (Kalo)	1/4 cup	1/2 cup
Poi (Processed Taro, straight from the bag undiluted)	1/4 cup	1/2 cup
Breadfruit (Ulu)	1/4 cup	1/2 cup

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Group G

- All breakfast cereals should be whole grain, enriched, or fortified. The serving sizes for **3-5 and 6-12 y/o** varies per cereal sub-category, see below.
- Breakfast cereals must contain no more than **6 grams of sugar per dry ounce** (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

<u>Food Components</u>	<u>3-5 y/o</u>	<u>6-12 y/o</u>
<i>Ready to eat breakfast cereal ** (dry):</i>		
Flakes*** <i>(Bran Flakes, Fiber One, Great Grains Banana Nut Crunch, Total, Wheaties, Grape Nut Flakes)</i>	1/2 cup	1 cup
Rounds*** <i>(Cheerios, Multi-Grain Cheerios, Crispy Oats, Tostitos, Toasted Oats)</i>	1/2 cup	1 cup
Puffed*** <i>(Chex Cereal [Corn, Rice, Wheat], Kix, Life, Frosted Mini Wheats, Kashi Whole Wheat biscuits)</i>	3/4 cup	1 1/4 cup
Granola*** <i>(Grape Nuts, Anahola)</i>	1/8 cup	1/4 cup

*Allowed only for Snack, serve in moderation, no more than twice per week.

**Allowed only for Breakfast and Snack (no more than twice per week for Snack).

***Cereal brands and classification adapted from [Menus and Crediting \(mn.gov\)](https://www.mn.gov)