

GRAIN OUNCE EQUIVALENT RESOURCE LINKS

TEAM NUTRITION WORKSHEETS



GRAINS MEASURING CHART



SINGLE SERVING PRODUCTS WORKSHEET



OZ. EQ. FOR INFANTS WORKSHEET



RECIPES AND OZ. EQ. WORKSHEET



CALCULATING OZ. EQ. WORKSHEET



TRAINING VIDEO



TRAINING VIDEO

MEAL PATTERN REFERENCE GUIDE

Age Group	Breakfast	Lunch	Dinner
1-3	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal
4-5	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal
6-11	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal
12-17	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal

MEAL PATTERN QUICK REFERENCE



CACFP CREDITING HANDBOOK

Exhibit A: Grain Requirements for Child Nutrition Programs

Program	Grain Requirements	Minimum Serving Size
Child Nutrition Programs	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal
Adult Care Food Programs	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal

EXHIBIT A: GRAIN REQUIREMENTS

SERVING SIZE CHEAT SHEET

Food Item	Serving Size	Grain Ounce Equivalent
1/2 cup cereal	1/2 cup	1.0
1/2 cup milk with cereal	1/2 cup	1.0
1 slice of bread	1 slice	0.5
1/2 cup pasta	1/2 cup	1.0

SERVING SIZE CHEAT SHEET

CACFP Ready-To-Eat Breakfast Cereal

Flakes	Rounds	Puffed	Granola
1/2 cup cereal	1/2 cup cereal	1/2 cup cereal	1/2 cup cereal

Ready-to-Eat Cereal Meal Pattern Serving Sizes

Age Group	Breakfast	Lunch	Dinner
1-3	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal
4-5	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal
6-11	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal
12-17	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal	1/2 cup cereal or 1/2 cup milk with cereal

READY-TO-EAT CEREAL REFERENCE SHEET



FOOD BUYING GUIDE



TRAINING VIDEO



ICN STANDARDIZED RECIPES

