



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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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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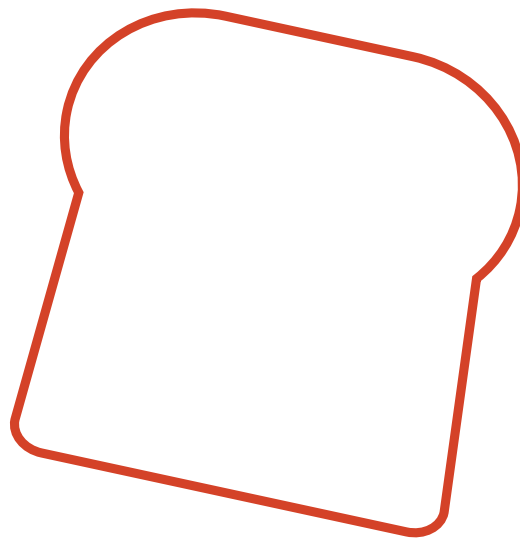
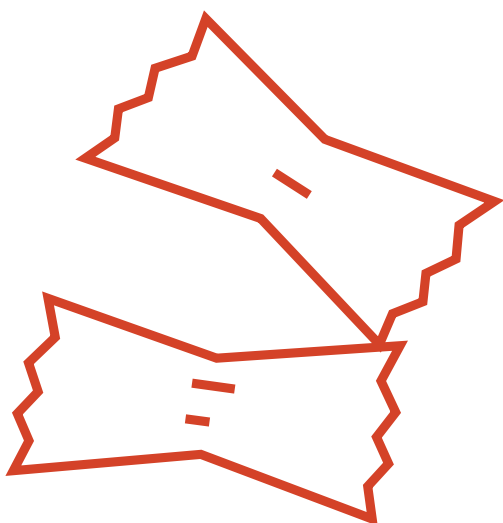
Grains Requirements for School Meals (continued)

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).

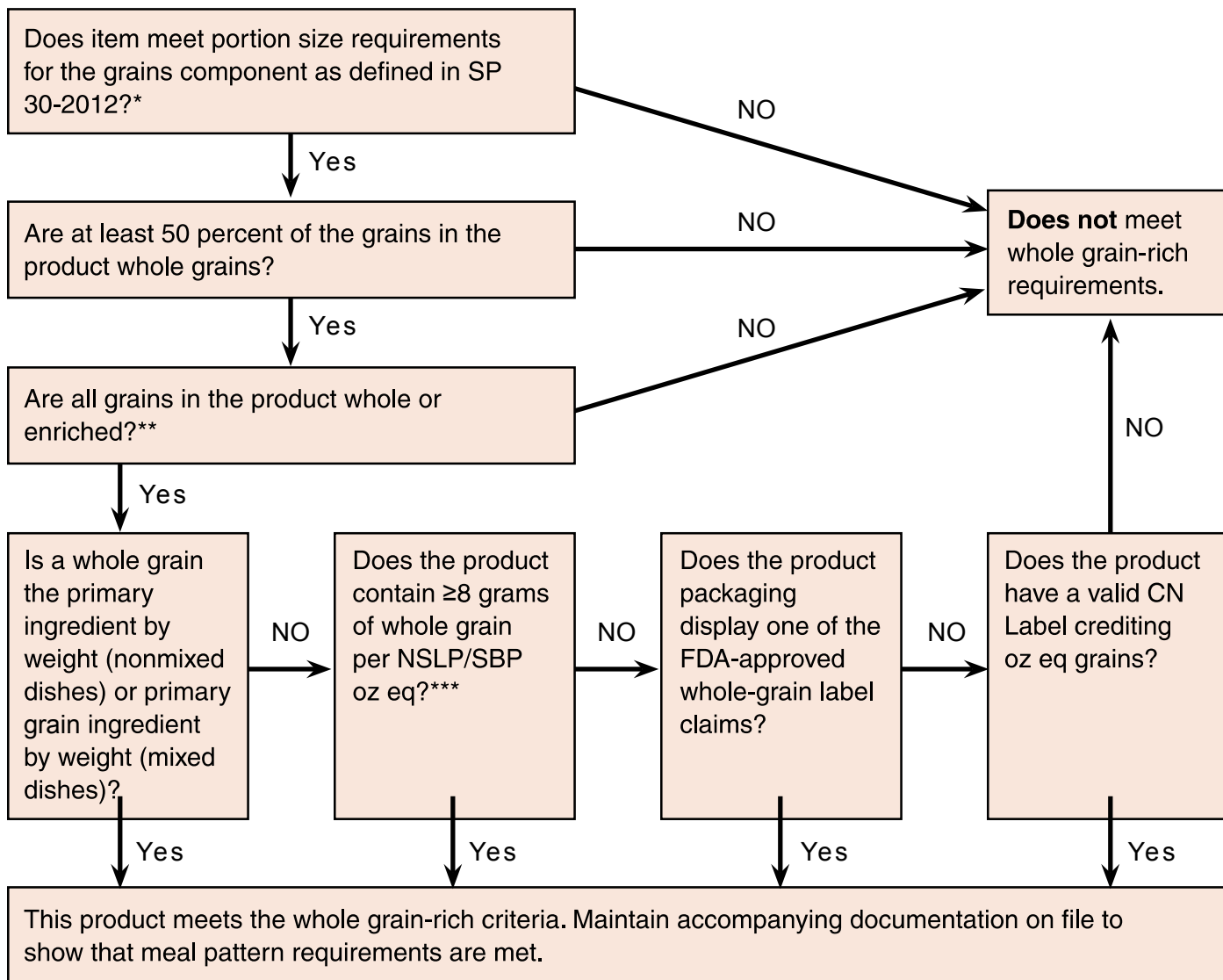
Manufacturers producing qualifying products (meat/meat alternate entrées containing grains) may apply for a Child Nutrition (CN) Label to indicate the number of oz eq grains that meet the whole grain-rich criteria. The term "oz eq grains" on the CN Label indicates that the product meets the whole grain-rich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

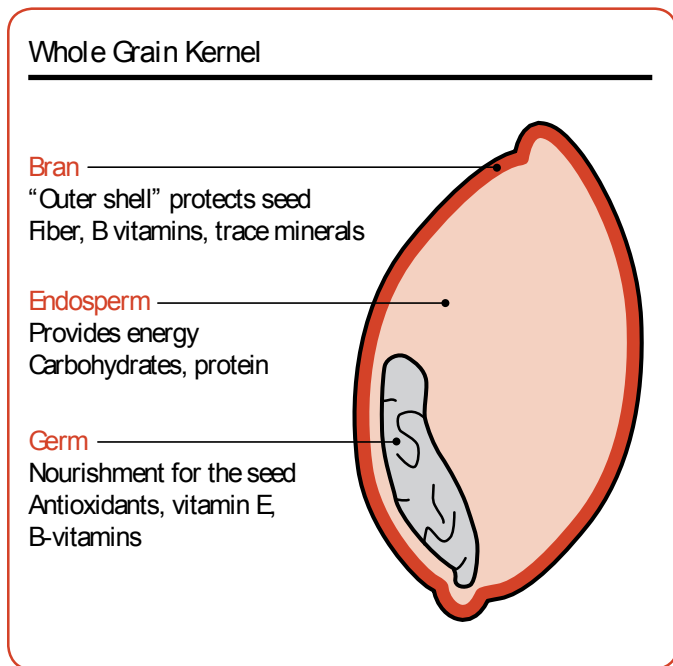
**Noncreditable grains should be limited to no more than 0.24 oz eq (3.99 grams for Groups A-G of the Revised Exhibit A or 6.99 grams for Groups H or I). See page 7 for more information.

***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%
Trans 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%
Trans 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 Tortilla (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%
Trans 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 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 United States Department of Agriculture
Food and Nutrition Service



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   st. 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. All other grains are enriched.
- Manufacturer documentation states that each ½ cup (cooked) contains 29 grams of creditable grain.

1. Calculating based on Exhibit A volume:

Group H of Exhibit A states that ½ 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 ½ 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 standard based on Gram of Creditable Grain)

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 standard based on Revised exhibit A weight 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 standard Based on Gram of Creditable Grain)

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 standard based on Revised exhibit A weight portion 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 (HUSC) 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** HUSC 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** HUSC 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 HUSC 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 grams x 51% x 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
Whole Grain Foods and Risk of Heart Disease and Certain Cancers (Dock  No. 1999P-2209)	Contains 51 percent or more whole grain ingredients by weight per RACC, and Dietary fiber content at least: <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 Low fat	Required wording of the claim: “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.”	NA



Definitions of Nutrient Content Claims

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

Nutrient	Free	Low	Reduced/Less	Comments
Total Fat 21 CFR 101.62(b)	<p>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)</p> <p>Contains no ingredient that is fat or understood to contain fat, except noted below (*7).</p>	<p>3 g or less per RACC (and per 50 g if RACC is small) (b)(2)</p> <p>Meals and main dishes: 3 g or less per 100 g and not more than 30% of calories from fat (b)(3)</p>	<p>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)</p> <p>Reference food may not be "Low Fat"</p>	<p>"__% Fat Free": may be used if food meets the requirements for "Low Fat" 21 CFR 101.62(b)(6)</p> <p>100% Fat Free: food must be "Fat Free" (b)(6)(iii)</p> <p>"Light"—see previous Calorie comments</p> <p>For dietary supplements: total fat claims cannot be made for products that are 40 calories or less per serving 21 CFR 101.62(a)(4)</p>
Saturated Fat 21 CFR 101.62(c)	<p>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)</p> <p>Contains no ingredient that is understood to contain saturated fat except as noted below (*8)</p>	<p>1 g or less per RACC and 15% or less of calories from saturated fat (c)(2)</p> <p>Meals and main dishes: 1 g or less per 100 g and less than 10% of calories from saturated fat (c)(3)</p>	<p>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)</p> <p>Reference food may not be "Low Saturated Fat"</p>	<p>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) 21 CFR 101.62(c)</p> <p>For dietary supplements: saturated fat claims cannot be made for products that are 40 calories or less per serving 21 CFR 101.62(a)(4)</p>
Cholesterol 21 CFR 101.62(d)	<p>Less than 2 mg per RACC and per labeled serving (or for meals and main dishes, less than 2 mg per labeled serving)</p> <p>Contains no ingredient that contains cholesterol except as noted below (*9) (d)(1)</p>	<p>20 mg or less per RACC (and per 50 g of food if RACC is small) (d)(2)</p> <p>Meals and main dishes: 20 mg or less per 100 g (d)(3)</p>	<p>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)</p> <p>Reference food may not be "Low Cholesterol"</p>	<p>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</p> <p>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</p> <p>For dietary supplements: cholesterol claims cannot be made for products that are 40 calories or less per serving</p>

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