

## Grains/Breads

**NOTE:** Some foods may not be found in the Grains/Breads section of the buying guide because the purchase unit and weight of the package vary from one manufacturer to another. In this case, use this general rule: 1/2 of a bread product serving is needed for 1 to 6 year olds; and 1 whole bread product serving is needed for 6 to 12 year olds and adults participating in adult day care centers.





**Bread: white, whole wheat, rye, raisin, etc.**

Purchase Unit: pound

Serving Size: 1/2 slice

Meal Component Requirement: Meets one serving of Grains/Breads at breakfast, lunch, supper, and snack for 1 to 6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.75
9	.50	90	3.00
		100	3.25

**Bread: white, whole wheat, rye, raisin, etc.**

Purchase Unit: pound

Serving Size: 1 slice

Meal Component Requirement: Meets one serving of Grains/Breads at breakfast, lunch, supper, and snack for 6 to 12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	2.00
4	.25	40	2.50
5	.50	50	3.25
6	.50	60	4.00
7	.50	70	4.50
8	.50	80	5.25
9	.75	90	5.75
		100	6.50

**Cereal, Ready-to-eat: wheat, corn, rice, oats, granola**

Purchase Unit: ounce

Serving Size: 1/3 cup or 1/2 ounce

Meal Component Requirement: Meets one Grains/Breads at breakfast and snack for 3 to 6 year olds.

Number of Meals	Ounces Required	Number of Meals	Ounces Required
1	.50	10	5.00
2	1.00	20	10.00
3	1.50	30	15.00
4	2.00	40	20.00
5	2.50	50	25.00
6	3.00	60	30.00
7	3.50	70	35.00
8	4.00	80	40.00
9	4.50	90	45.00
		100	50.00

**Cereal, Ready-to-eat: wheat, corn, rice, oats, granola**

Purchase Unit: ounce

Serving Size: 3/4 cup or 1 ounce

Meal Component Requirement: Meets one Grains/Breads at breakfast and snack for 6 to 12 year olds and adults participating in adult day care centers.

Number of Meals	Ounces Required	Number of Meals	Ounces Required
1	1.00	10	10.00
2	2.00	20	20.00
3	3.00	30	30.00
4	4.00	40	40.00
5	5.00	50	50.00
6	6.00	60	60.00
7	7.00	70	70.00
8	8.00	80	80.00
9	9.00	90	90.00
		100	100.00

**Crackers, Graham**

Purchase Unit: pound

Serving Size: 2 cracker squares

Meal Component Requirement: Meets one Grains/Breads at breakfast, lunch, supper, and snack for 1 to 6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.50
9	.50	90	3.00
		100	3.25

**Crackers, Graham**

Purchase Unit: pound

Serving Size: 3 cracker squares

Meal Component Requirement: Meets one Grains/Breads at breakfast, lunch, supper, and snack for 6 to 12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	3.75
9	.50	90	4.25
		100	4.75

**Crackers, Melba Toast**

Purchase Unit: pound

Serving Size: 3 pieces

Meal Component Requirement: Meets one Grains/Breads at breakfast, lunch, supper, and snack for 1 to 6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	1.75
7	.25	70	2.00
8	.25	80	2.25
9	.25	90	2.50
		100	2.75

**Crackers, Melba Toast**

Purchase Unit: pound

Serving Size: 5 pieces

Meal Component Requirement: Meets one Grains/Breads at breakfast, lunch, supper, and snack for 6 to 12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.25
6	.50	60	2.75
7	.50	70	3.25
8	.50	80	3.75
9	.50	90	4.25
		100	4.50

**Crackers, Saltine**

Purchase Unit: pound

Serving Size: 4 crackers

Meal Component Requirement: Meets one Grains/Breads at breakfast, lunch, supper, and snack for 1 to 6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

**Crackers, Saltine**

Purchase Unit: pound

Serving Size: 8 crackers

Meal Component Requirement: Meets one Grains/Breads at breakfast, lunch, supper, and snack for 6 to 12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

**Farina, Instant: Cream of Wheat, Malt O'Meal, etc.**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Grains/Breads at breakfast, lunch, supper, and snack for 1 to 6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	1.75
9	.25	90	2.00
		100	2.25

**Farina, Instant: Cream of Wheat, Malt O'Meal, etc.**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Grains/Breads at breakfast, lunch, supper, and snack for 6 to 12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.75
7	.50	70	3.25
8	.50	80	3.50
9	.50	90	4.00
		100	4.50

**Macaroni, Elbow**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Grains/Breads at breakfast, lunch, supper, and snack for 1 to 6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	1.75
7	.25	70	2.00
8	.25	80	2.25
9	.25	90	2.50
		100	2.75

**Macaroni, Elbow**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Grains/Breads at breakfast, lunch, supper, and snack for 6 to 12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.25	50	2.75
6	.50	60	3.25
7	.50	70	3.75
8	.50	80	4.25
9	.50	90	4.75
		100	5.25

**Noodles, Egg: medium**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Grains/Breads at breakfast, lunch, supper, and snack for 1 to 6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

**Noodles, Egg: medium**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Grains/Breads at breakfast, lunch, supper, and snack for 6 to 12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

**Noodles, Lasagna**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Grains/Breads at breakfast, lunch, supper, and snack for 1 to 6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	1.75
7	.25	70	2.00
8	.25	80	2.25
9	.25	90	2.50
		100	3.00

**Noodles, Lasagna**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Grains/Breads at breakfast, lunch, supper, and snack for 6 to 12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.50	50	2.75
6	.50	60	3.50
7	.50	70	4.00
8	.50	80	4.50
9	.50	90	5.00
		100	5.50

**Oats, Rolled, Instant**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Grains/Breads at breakfast, lunch, supper, and snack for 1 to 6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.25

**Oats, Rolled, Instant**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Grains/Breads at breakfast, lunch, supper, and snack for 6 to 12 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.75
7	.50	70	3.00
8	.50	80	3.50
9	.50	90	4.00
		100	4.50

**Rice: white or brown, medium grain, regular cooking**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Grains/Breads at breakfast, lunch, supper, and snack for 1 to 6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	1.75
7	.25	70	2.00
8	.25	80	2.25
9	.25	90	2.50
		100	3.00

**Rice: white or brown, medium grain, regular cooking**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

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1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.50	50	3.00
6	.50	60	3.50
7	.50	70	4.00
8	.50	80	4.50
9	.50	90	5.25
		100	5.75

**Spaghetti**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Grains/Breads at breakfast, lunch, supper, and snack for 1 to 6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.50
9	.50	90	3.00
		100	3.25

**Spaghetti**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Grains/Breads at breakfast, lunch, supper, and snack for 6 to 12 year olds and adults participating in adult day care centers.

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4	.25	40	2.50
5	.50	50	3.25
6	.50	60	3.75
7	.50	70	4.25
8	.50	80	5.00
9	.75	90	5.50
		100	6.25