

OSPI CNS Child and Adult Care Food Program Reference Sheet

Cereals and Ounce Equivalents

U.S. Department of Agriculture (USDA) Child Nutrition Programs supports access to healthy meals to all participants. Grains are a required component at breakfast, lunch, and supper meals, and are an optional component at snack. Use the [CACFP Grain Requirements Reference Sheet](#) for more details on grain requirements.

Requirements

- ✓ Cereals must be whole grain, enriched, or fortified to be creditable.
- ✓ Breakfast cereals served may contain up to 6 grams of sugar per dry ounce, and include ready-to-eat cereals, instant cereals, and hot cereals.
- ✓ Ounce Equivalents (oz. eq.) must be used as the unit of measure for all grains.
 - Visit the [USDA CACFP Grains Ounce Equivalents Resources webpage](#) for more information.
 - View the [CACFP Meal Patterns Moodle](#) to review Ounce Equivalents recorded trainings.



Cereal Ounce Equivalent Chart

The chart below categorizes ready-to-eat (RTE) cereals to assist program operators in serving the correct portion. This chart is not all inclusive and creditability must be confirmed by those serving the product.

Cereal Type	Typical Brands*	Ounce Equivalent Serving	½ Ounce Equivalent Serving
Flakes	<ul style="list-style-type: none"> • Corn Flakes • Great Grains Banana Crunch • Honey Bunches of Oats • Kellogg’s Frosted Little Bites • Mini Wheats • Oatmeal Squares • Shredded Wheat • Special K • Total • Bran Flakes <ul style="list-style-type: none"> ○ Essential Everyday ○ Food Club ○ Great Value ○ IGA ○ Kroger ○ Signature Kitchens ○ Western Family • Grape Nuts Flakes 	1 oz. eq. = 1 cup	½ oz. eq. = ½ cup
Rounds	<ul style="list-style-type: none"> • Alpha-Bits • Cheerios (Plain or Multi Grain) • Crispy Oats • Tostitos • Toasted Oats • Dora the Explorer (Cinnamon) 	1 oz. eq. = 1 cup	½ oz. eq. = ½ cup
Puffed	<ul style="list-style-type: none"> • Crispy Rice • Kix • Life • Chex Cereal (Corn, Rice & Wheat) • Crispix 	1 oz. eq. = 1 ¼ cup	½ oz. eq. = ¾ cup
Granola	<ul style="list-style-type: none"> • Grape Nuts • Sunbelt Bakery Granola 	1 oz. eq. = ¼ cup	½ oz. eq. = 1/8 cup
Cooked Cereal	<ul style="list-style-type: none"> • Oatmeal • Cream of Wheat or Rice • Essential Everyday Grits (original) • Malt-O-Meal Original 	1 oz. eq. = ½ cooked or 28 grams dry	½ oz. eq. = ¼ cup cooked or 14 grams dry

*Product names used pursuant to fair use. All logos and trademarks property of their respective owners.

Reference

- [Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010; Final Rule](#)
- [CACFP 09-2018: Grain Requirements in the CACFP: Questions and Answers](#)
- [Delayed Implementation of Grains Ounce Equivalents in the CACFP](#)

Resources

- [CACFP Grain Requirements Reference Sheet](#)
- [CACFP Meal Patterns Moodle](#)
- [USDA CACFP Grains Ounce Equivalents Resources webpage](#)

Acronym Reference

- CACFP- Child and Adult Care Food Program
- CNS- Child Nutrition Services
- OSPI- Office of Superintendent of Public Instruction
- Oz. Eq.- Ounce Equivalents
- USDA- United States Department of Agriculture