



WISCONSIN SCHOOL NUTRITION IN A NUTSHELL

The Grain Component

Crediting grains

- Measured in weight
- Credit in ounce equivalents (oz eq)
- Round down to the nearest $\frac{1}{4}$ oz eq
- Use [Exhibit A](#)¹, a Product Formulation Statement (PFS), or a Child Nutrition (CN) label to credit grains

Component	Measured by	Units of measurement	Conversions	Tools used
Grains	WEIGHT How heavy is it?	Grams (g) Ounces (oz) Pounds (lb or #)	28 g = 1 oz 16 oz = 1 lb	Scale

Whole grains

Beginning July 1, 2022, the [Transitional Standards Final Rule](#) becomes effective. At least 80% of grains served in school lunch and breakfast per week must be whole grain-rich (contain at least 50% whole grains), and any remaining grains must be enriched. Previously, all grains offered as part of a reimbursable meal were required to be whole grain-rich. Meals are to be assessed independently (i.e., breakfast assessed independently from lunch).

Schools can use the following to evaluate if a product meets the whole grain-rich criteria:

1. Evaluate a grain product using the following two-element criterion developed by the National Academy of Medicine (formerly the Institute of Medicine)
 - a. Element #1: A serving of the food item must provide at least $\frac{1}{4}$ oz eq of grains, as defined by Exhibit A.
AND
 - b. Element #2: Food must meet at least one of the following:
 - i. The whole grain content per oz eq based on weight must be at least 8.0 grams or more. This information may be determined from the product packaging or by the manufacturer.
 - ii. The product includes one of the following FDA whole grain health claims “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.”

¹ <https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/exhibit-a.pdf>

- iii. Whole grains are listed first on the product ingredient list (with the exception of water).
- 2. Find a grain product on the State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain food list

Non-creditable grains

Oat or corn fiber; wheat or corn starch, bran, germ; and modified food starch

Grain-based desserts

No more than 2 oz eq of grain-based desserts are allowed at lunch per week

Common grain portions that equal 1 oz eq

Type	Volume	Weight
Cereal, flakes or rounds	1 cup	1 oz
Cereal, puffed	1.25 cups	1 oz
Granola	0.25 cup	1 oz
Pasta	½ cup cooked	1 oz dry
Rice	½ cup cooked	1 oz dry
Barley, quinoa, bulgur, and cooked cereals	½ cup cooked	1 oz dry

Lunch Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Grains (oz eq)		Weekly: ≥8oz eq Daily: 1 oz eq		Weekly: ≥10oz eq Daily: 2 oz eq

Breakfast Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Grains (oz eq)	Weekly: ≥7oz eq Daily: 1 oz eq	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥9oz eq Daily: 1 oz eq
Meats/Meat Alternates (oz eq)	0 oz eq required daily There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily 1 oz eq grain requirement is met. A school may also offer meat/meat alternate as an extra food and not credit the item towards any component.			