**Grain Component**

**Whole Grain-Rich:**

SY 2019-2020*:* **At least half of all grains served during the week must meet the whole grain-rich criteria.** If the grain/bread item is not whole grain rich, then it must be enriched or fortified.

No whole grain waiver is needed to serve enriched grain items.

Schools are encouraged to continue to menu whole grain items that were being used prior to the whole grain rich flexibility.

**Whole Grain-Rich Criteria: Must be a grain (16 grams of grain) before it can be WGR.**

A whole grain-rich product is defined as product that:

* Has a whole grain as the first item on the ingredient list (with the exception of water).
* Contains 8 grams of whole grain per serving
* Recipe has more whole grain than non-whole grain flours by weight

**Whole Grain-Rich Product Examples:**

▪ Oatmeal

▪ Whole grain-rich cold cereals

▪ Whole grain-rich cinnamon roll

▪ Whole grain-rich English muffin

▪ Whole wheat or White Whole Wheat Bread (look for the word “whole”)

▪ Whole grain-rich biscuit

▪ Whole grain-rich tortilla

**Breaded Products:**

All grains which are part of battered and/or breaded products offered can be counted towards the weekly grain requirement or counted as a grain component for a reimbursable meal.

**Grain Servings Per Day and Week:**

Schools must offer the daily and weekly minimum ounces of grains for the three grade categories. The weekly maximum of grains has been permanently lifted.

▪ Daily minimums

◦ Grades K-5: 1 oz. equivalent

◦ Grades 6-8: 1 oz. equivalent

◦ Grades 9-12: 1 oz. equivalents

▪ Weekly minimums

◦ Grades K-5: 7 oz. equivalents

◦ Grades 6-8: 8 oz. equivalents

◦ Grades 9-12: 9 oz. equivalents

**Meat/Meat Alternate:**

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 grains requirement is met.