Food Buying Guide for Child Nutrition Programs

Section 4

Grains

Section 4 - Grains

1. Food As Purchased (AP)	2. Purchase Unit	3. Servings per Purchase Unit, Edible Portion (EP)	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BARLEY					
Barley (Group H) Hulled, Dry	Pound	42.00	1/4 cup cooked	2.40	1 lb dry = about 2-1/3 cups dry barley
	Pound	21.20	1/2 cup cooked	4.80	
	Pound	14.10	3/4 cup cooked	7.10	
BREAD					
Bread[1] (Group B) Sliced, Fresh, (Includes: All types Enriched White[2], Whole Wheat and Enriched Flour Blend[3], and Whole Wheat breads)	Pound	32.00	1/2 slice provide 1.0 oz eq grains (must weigh at least 14 g or 1/2 oz)	3.20	
	Pound	16.00	1 slice provides 1.0 oz eq grains (must weigh at least 28 g or 1.0 oz)	6.30	
BREAD STICKS					
Bread Sticks (Group A) (Includes: All types Enriched White[2], Whole Wheat and Enriched Flour Blend[3], and Whole Wheat), Hard	Pound	45.30	2 sticks provide 0.5 oz eq grains (must weigh at least 11 g or 0.4 oz)	2.20	
	Pound	22.60	3 sticks provide 1.0 oz eq grains (must weigh at least 22 g or 0.8 oz)	4.50	
BULGUR					
Bulgur (Group H) Dry	Pound	39.20	1/4 cup cooked	2.60	1 lb dry = about 3 cups dry bulgur
	Pound	19.60	1/2 cup cooked	5.10	1 lb dry = about 3 cups dry bulgur
	Pound	13.00	3/4 cup cooked	7.70	1 lb dry = about 3 cups dry bulgur
CEREAL GRAINS					
Cereal Grains Amaranth (Group H) Dry	Pound	19.60	1/4 cup cooked	5.10	1 lb dry = about 2-1/3 cups dry or 2.70 lb (about 4-5/8 cups) cooked amaranth when prepared with 2 parts water to 1 part dry amaranth

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CEREAL GRAINS (continued)					
Cereal Grains Amaranth (Group H) Dry	Pound	9.82	1/2 cup cooked	10.20	1 lb dry = about 2-1/3 cups dry or 2.70 lb (about 4-5/8 cups) cooked amaranth when prepared with 2 parts water to 1 part dry amaranth
	Pound	6.54	3/4 cup cooked	15.30	1 lb dry = about 2-1/3 cups dry or 2.70 lb (about 4-5/8 cups) cooked amaranth when prepared with 2 parts water to 1 part dry amaranth
Cereal Grains Buckwheat (Group H) Dry	Pound	22.80	1/4 cup cooked	4.40	1 lb dry = about 2-1/3 cups dry or 3.06 lb (about 5-2/3 cups) cooked buckwheat when prepared with 2 parts water to 1 part dry buckwheat
	Pound	11.40	1/2 cup cooked	8.80	1 lb dry = about 2-1/3 cups dry or 3.06 lb (about 5-2/3 cups) cooked buckwheat when prepared with 2 parts water to 1 part dry buckwheat
	Pound	7.61	3/4 cup cooked	13.20	1 lb dry = about 2-1/3 cups dry or 3.06 lb (about 5-2/3 cups) cooked buckwheat when prepared with 2 parts water to 1 part dry buckwheat
Cereal Grains Cornmeal (Group H) Enriched[2], Dry	Pound	50.70	1/4 cup cooked	2.00	1 lb dry = about 3 cups dry enriched cornmeal
	Pound	25.30	1/2 cup cooked	4.00	1 lb dry = about 3 cups dry enriched cornmeal
	Pound	16.90	3/4 cup cooked	6.00	1 lb dry = about 3 cups dry enriched cornmeal
Cereal Grains Cornmeal (Group H) Stone ground[3], Dry, (Similar to Native Blue, White, and Yellow)	Pound	57.30	1/4 cup cooked	1.80	1 lb dry = about 3-3/8 cups dry stone ground cornmeal
	Pound	28.60	1/2 cup cooked	3.50	1 lb dry = about 3-3/8 cups dry stone ground cornmeal
	Pound	19.10	3/4 cup cooked	5.30	1 lb dry = about 3-3/8 cups dry stone ground cornmeal
Cereal Grains Corn Grits (Group H) Instant, Enriched[2], Dry	Pound	54.70	1/4 cup cooked	1.90	1 lb dry = about 5-3/4 cups dry instant enriched corn grits
	Pound	27.40	1/2 cup cooked	3.70	1 lb dry = about 5-3/4 cups dry instant enriched corn grits
	Pound	18.20	3/4 cup cooked	5.50	1 lb dry = about 5-3/4 cups dry instant enriched corn grits
Cereal Grains Corn Grits (Group H) Quick, Enriched[2], Dry	Pound	45.00	1/4 cup cooked	2.30	1 lb dry = about 2-3/4 cups dry quick enriched grits

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Cereal Grains Corn Grits (Group H) Quick, Enriched², Dry	Pound	22.40	1/2 cup cooked	4.50	1 lb dry = about 2-3/4 cups dry quick enriched grits
	Pound	15.00	3/4 cup cooked	6.70	1 lb dry = about 2-3/4 cups dry quick enriched grits
Cereal Grains Corn Grits (Group H) Regular, Enriched², Dry	Pound	50.30	1/4 cup cooked	2.00	1 lb dry = about 2-3/4 cups dry regular enriched grits
	Pound	25.10	1/2 cup cooked	4.00	1 lb dry = about 2-3/4 cups dry regular enriched grits
	Pound	16.70	3/4 cup cooked	6.00	1 lb dry = about 2-3/4 cups dry regular enriched grits
Cereal Grains Corn Grits (Group H) Whole Corn, Regular, Dry	Pound	43.50	1/4 cup cooked	2.30	1 lb dry = about 3 cups dry whole corn grits; 1 lb dry = about 10-7/8 cups cooked
	Pound	21.75	1/2 cup cooked	4.60	1 lb dry = about 3 cups dry whole corn grits; 1 lb dry = about 10-7/8 cups cooked
	Pound	14.50	3/4 cup cooked	6.90	1 lb dry = about 3 cups dry whole corn grits; 1 lb dry = about 10-7/8 cups cooked
Cereal Grains Farina (Group H) Instant, Enriched², Dry	Pound	45.50	1/4 cup cooked	2.20	1 lb dry = about 2-3/8 cups dry instant enriched farina
	Pound	22.70	1/2 cup cooked	4.40	1 lb dry = about 2-3/8 cups dry instant enriched farina
	Pound	15.10	3/4 cup cooked	6.60	1 lb dry = about 2-3/8 cups dry instant enriched farina
Cereal Grains Farina (Group H) Regular, Enriched², Dry	Pound	58.90	1/4 cup cooked	1.70	1 lb dry = about 2-1/2 cups dry regular enriched farina
	Pound	29.40	1/2 cup cooked	3.40	1 lb dry = about 2-1/2 cups dry regular enriched farina
	Pound	19.60	3/4 cup cooked	5.10	1 lb dry = about 2-1/2 cups dry regular enriched farina
Cereal Grains Farina (Group H) Quick, Enriched², Dry	Pound	58.10	1/4 cup cooked	1.80	1 lb dry = about 2-1/2 cups dry quick enriched farina
	Pound	29.00	1/2 cup cooked	3.50	1 lb dry = about 2-1/2 cups dry quick enriched farina
	Pound	19.30	3/4 cup cooked	5.20	1 lb dry = about 2-1/2 cups dry quick enriched farina
Cereal Grains Farina (Group H) Whole Wheat, Quick, Dry	Pound	51.50	1/4 cup cooked	2.00	1 lb dry = about 2-1/2 cups dry whole wheat quick farina; 1 lb dry = about 12-7/8 cups cooked

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Cereal Grains Farina (Group H) Whole Wheat, Quick, Dry	Pound	25.70	1/2 cup cooked	3.90	1 lb dry = about 2-1/2 cups dry whole wheat quick farina; 1 lb dry = about 12-7/8 cups cooked
	Pound	17.10	3/4 cup cooked	5.90	1 lb dry = about 2-1/2 cups dry whole wheat quick farina; 1 lb dry = about 12-7/8 cups cooked
Cereal Grains Kasha (Group H) Dry	Pound	21.10	1/4 cup cooked	4.80	1 lb dry = about 2-3/8 cups dry or 2.92 lb (about 5-1/4 cups) cooked kasha when prepared with 2 parts water to 1 part dry kasha
	Pound	10.50	1/2 cup cooked	9.60	1 lb dry = about 2-3/8 cups dry or 2.92 lb (about 5-1/4 cups) cooked kasha when prepared with 2 parts water to 1 part dry kasha
	Pound	7.05	3/4 cup cooked	14.20	1 lb dry = about 2-3/8 cups dry or 2.92 lb (about 5-1/4 cups) cooked kasha when prepared with 2 parts water to 1 part dry kasha
Cereal Grains Millet (Group H) Dry	Pound	22.90	1/4 cup cooked	4.40	1 lb dry = about 2-1/8 cups dry or 2.30 lb (about 5-5/8 cups) cooked millet when prepared with 1-1/2 parts water to 1 part dry millet
	Pound	11.40	1/2 cup cooked	8.80	1 lb dry = about 2-1/8 cups dry or 2.30 lb (about 5-5/8 cups) cooked millet when prepared with 1-1/2 parts water to 1 part dry millet
	Pound	7.64	3/4 cup cooked	13.10	1 lb dry = about 2-1/8 cups dry or 2.30 lb (about 5-5/8 cups) cooked millet when prepared with 1-1/2 parts water to 1 part dry millet
Cereal Grains Oats (Group H) Rolled, Instant, Dry	Pound	46.90	1/4 cup cooked	2.20	1 lb dry = about 5-2/3 cups dry instant rolled oats
	Pound	23.40	1/2 cup cooked	4.30	1 lb dry = about 5-2/3 cups dry instant rolled oats
	Pound	15.60	3/4 cup cooked	6.50	1 lb dry = about 5-2/3 cups dry instant rolled oats
Cereal Grains Oats (Group H) Rolled, Quick, Dry, Includes USDA Foods	Pound	47.60	1/4 cup cooked	2.10	1 lb dry = about 6-1/4 cups dry quick rolled oats
	Pound	23.80	1/2 cup cooked	4.20	1 lb dry = about 6-1/4 cups dry quick rolled oats

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Cereal Grains Oats (Group H) Rolled, Quick, Dry, Includes USDA Foods	Pound	15.80	3/4 cup cooked	6.40	1 lb dry = about 6-1/4 cups dry quick rolled oats
Cereal Grains Oats (Group H) Rolled, Regular, Dry	Pound	45.40	1/4 cup cooked	2.20	1 lb dry = about 6 cups dry regular rolled oats
	Pound	22.70	1/2 cup cooked	4.40	1 lb dry = about 6 cups dry regular rolled oats
	Pound	15.10	3/4 cup cooked	6.70	1 lb dry = about 6 cups dry regular rolled oats
Cereal Grains Quinoa (Group H) Dry	Pound	26.40	1/4 cup cooked	3.80	1 lb dry = about 2-1/2 cups dry or 2.51 lb (6-1/2 cups) cooked quinoa when prepared with 2 parts water to 1 part dry quinoa
	Pound	13.20	1/2 cup cooked	7.60	1 lb dry = about 2-1/2 cups dry or 2.51 lb (6-1/2 cups) cooked quinoa when prepared with 2 parts water to 1 part dry quinoa
	Pound	8.81	3/4 cup cooked	11.40	1 lb dry = about 2-1/2 cups dry or 2.51 lb (6-1/2 cups) cooked quinoa when prepared with 2 parts water to 1 part dry quinoa
Cereal Grains Wheat Berries (Group H) Dry	Pound	24.00	1/4 cup cooked	4.20	1 lb dry = about 2-1/4 cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries
	Pound	12.00	1/2 cup cooked	8.40	1 lb dry = about 2-1/4 cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries
	Pound	8.00	3/4 cup cooked	12.50	1 lb dry = about 2-1/4 cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries
Cereal Grains Wheat Cereal (Group H) Instant, Enriched[2] or Whole Wheat, Dry	Pound	49.10	1/4 cup cooked	2.10	1 lb dry = about 4 cups dry, instant wheat cereal
	Pound	24.50	1/2 cup cooked	4.10	1 lb dry = about 4 cups dry, instant wheat cereal
	Pound	16.30	3/4 cup cooked	6.20	1 lb dry = about 4 cups dry, instant wheat cereal

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Cereal Grains Wheat Cereal (Group H) Regular, Enriched[2] or Whole Wheat, Dry	Pound	49.20	1/4 cup cooked	2.10	1 lb dry = about 3-1/3 cups dry regular wheat cereal
	Pound	24.60	1/2 cup cooked	4.10	1 lb dry = about 3-1/3 cups dry regular wheat cereal
	Pound	16.40	3/4 cup cooked	6.10	1 lb dry = about 3-1/3 cups dry regular wheat cereal
Cereal Grains Wheat Rolled (Group H) Dry	Pound	38.00	1/4 cup cooked	2.70	1 lb dry = about 2-3/8 cup dry or 4.83 lb (about 9-1/2 cups) cooked rolled oats when prepared with 3-1/2 parts water to 1 part dry rolled wheat
	Pound	19.00	1/2 cup cooked	5.30	1 lb dry = about 2-3/8 cup dry or 4.83 lb (about 9-1/2 cups) cooked rolled oats when prepared with 3-1/2 parts water to 1 part dry rolled wheat
	Pound	12.60	3/4 cup cooked	8.00	1 lb dry = about 2-3/8 cup dry or 4.83 lb (about 9-1/2 cups) cooked rolled oats when prepared with 3-1/2 parts water to 1 part dry rolled wheat
CEREALS, READY-TO-EAT					
Cereals, Ready-to-eat Wheat, Corn, Rice, Oats, Granola[2,3] (Group I) Includes USDA Foods	Single Serve Package	1.00	1 single serve package provides 1 grains serving (1 cup or 1 oz for flakes and rounds; 1-1/4 cups or 1 oz for puffed cereal; 1/4 cup or 1 oz for granola)	100.00	Package contents vary with the cereal-flakes, biscuits, shreds, granules, etc.
CHOW MEIN NOODLES					
Chow Mein Noodles (Group A) Enriched[2], Dry	Pound	34.80	1/4 cup provides 1/2 grains servings (must weigh at least 11 g or 0.4 oz)	2.90	
	Pound	17.40	1/2 cup provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	5.80	
CORN CHIPS (Tortilla Chips)					
Corn Chips[2,3] (Group B)	Pound	20.00	3/4 grains serving (about 1/2 cup; must weigh at least 21 g or 0.75 oz)	5.00	
	Pound	15.00	1 grains serving (about 2/3 cup; must weigh at least 28 grams or 1.0 oz)	6.70	

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COUSCOUS					
Couscous (Group H) Regular, Enriched[2], Dry	Pound	29.10	1/4 cup cooked	3.50	1 lb dry = about 2-3/8 cups dry enriched couscous; Add 3-1/4 cups water to 1 lb dry enriched couscous; 1 lb dry = 2.55 lb (about 7-1/4 cups) cooked
	Pound	14.50	1/2 cup cooked	6.90	1 lb dry = about 2-3/8 cups dry enriched couscous; Add 3-1/4 cups water to 1 lb dry enriched couscous; 1 lb dry = 2.55 lb (about 7-1/4 cups) cooked
	Pound	9.71	3/4 cup cooked	10.30	1 lb dry = about 2-3/8 cups dry enriched couscous; Add 3-1/4 cups water to 1 lb dry enriched couscous; 1 lb dry = 2.55 lb (about 7-1/4 cups) cooked
Couscous (Group H) Dry, Whole Wheat	Pound	27.00	1/4 cup cooked	3.80	1 lb dry = about 2-1/2 cups dry whole wheat couscous; 1 lb dry = about 6-3/4 cups cooked
	Pound	13.50	1/2 cup cooked	7.50	1 lb dry = about 2-1/2 cups dry whole wheat couscous; 1 lb dry = about 6-3/4 cups cooked
	Pound	9.00	3/4 cup cooked	11.20	1 lb dry = about 2-1/2 cups dry whole wheat couscous; 1 lb dry = about 6-3/4 cups cooked
CROUTONS					
Croutons (Group A) Prepackaged, Enriched[2], Dry	Pound	44.60	1/4 cup provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	2.30	1 lb dry = about 11-1/8 cups dry enriched croutons
	Pound	22.30	1/2 cup provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.50	1 lb dry = about 11-1/8 cups dry enriched croutons
CEREAL GRAINS					
Farro, Pearled[6] (Group H) Dry	Pound	24.00	1/4 cup cooked	4.20	1 lb dry = about 2-1/4 cups dry pearled farro; 1 lb dry = about 6 cups cooked
	Pound	12.00	1/2 cup cooked	8.40	1 lb dry = about 2-1/4 cups dry pearled farro; 1 lb dry = about 6 cups cooked
	Pound	8.00	3/4 cup cooked	12.60	1 lb dry = about 2-1/4 cups dry pearled farro; 1 lb dry = about 6 cups cooked
GRAHAM CRACKERS					
Graham Crackers[2,3] (Group B)	Pound	32.40	2 crackers provide 1/2 grains serving (must weigh at least 14 g or 1/2 oz)	3.10	1 lb AP = about 64 crackers

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GRAHAM CRACKERS (continued)					
Graham Crackers[2,3] (Group B)	Pound	21.30	4 crackers provides 1 grains serving (about 4 crackers; must weigh at least 28 g or 1 oz)	4.70	1 lb AP = about 64 crackers
CEREAL GRAINS					
Hominy, Grits Regular, Dry	Pound	50.30	1/4 cup cooked	2.00	1 lb dry = about 2-3/4 cups dry regular grits
	Pound	25.10	1/2 cup cooked	4.00	1 lb dry = about 2-3/4 cups dry regular grits
	Pound	16.70	3/4 cup cooked	6.00	1 lb dry = about 2-3/4 cups dry regular grits
MELBA TOAST					
Melba Toast (Group A) Enriched[2]	Pound	37.80	2 pieces provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	3.10	
	Pound	22.20	5 pieces provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.70	
PASTA					
Pasta (Group H) Bowties, Large size, Enriched[2], Dry	Pound	25.10	1/4 cup cooked (0.50 oz eq grains)	4.00	1 lb dry = about 7-1/2 cups dry enriched bowtie pasta; 1 lb dry = 2.66 lb (about 6-1/4 cups) cooked boiled 17 min
	Pound	12.50	1/2 cup cooked (1.00 oz eq grains)	8.00	1 lb dry = about 7-1/2 cups dry enriched bowtie pasta; 1 lb dry = 2.66 lb (about 6-1/4 cups) cooked boiled 17 min
	Pound	8.39	3/4 cup cooked (1.50 oz eq grains)	12.00	1 lb dry = about 7-1/2 cups dry enriched bowtie pasta; 1 lb dry = 2.66 lb (about 6-1/4 cups) cooked boiled 17 min
Pasta (Group H) Bowties, Regular size, Whole Wheat Dry	Pound	28.50	1/4 cup cooked (0.50 oz eq grains)	3.60	1 lb dry = about 5-3/4 cups dry whole wheat bowtie pasta; 1 lb dry = about 7-1/8 cups cooked
	Pound	14.20	1/2 cup cooked (1.00 oz eq grains)	7.10	1 lb dry = about 5-3/4 cups dry whole wheat bowtie pasta; 1 lb dry = about 7-1/8 cups cooked
	Pound	9.50	3/4 cup cooked (1.50 oz eq grains)	10.60	1 lb dry = about 5-3/4 cups dry whole wheat bowtie pasta; 1 lb dry = about 7-1/8 cups cooked
Pasta (Group H) Elbow Macaroni, Regular, Enriched[2], Dry	Pound	39.00	1/4 cup cooked (0.50 oz eq grains)	2.60	1 lb dry = about 3-1/2 cups dry enriched elbow macaroni
	Pound	19.50	1/2 cup cooked (1.00 oz eq grains)	5.20	

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Pasta (Group H) Elbow Macaroni, Regular, Enriched², Dry	Pound	13.00	3/4 cup cooked (1.50 oz eq grains)	7.70	
Pasta (Group H) Elbow Macaroni, Whole Wheat, Regular, Dry	Pound	32.50	1/4 cup cooked (0.50 oz eq grains)	3.10	1 lb dry = about 3-5/8 cups dry whole wheat elbow macaroni; 1 lb dry = about 8-1/8 cups cooked.
	Pound	16.20	1/2 cup cooked (1.00 oz eq grains)	6.20	1 lb dry = about 3-5/8 cups dry whole wheat elbow macaroni; 1 lb dry = about 8-1/8 cups cooked.
	Pound	10.80	3/4 cup cooked (1.50 oz eq grains)	9.30	1 lb dry = about 3-5/8 cups dry whole wheat elbow macaroni; 1 lb dry = about 8-1/8 cups cooked.
Pasta (Group H) Elbow Macaroni, Whole Wheat and Enriched Flour Blend³, Regular, Dry, Includes USDA Foods	Pound	34.00	1/4 cup cooked (0.50 oz eq grains)	3.00	1 lb dry = about 3-3/4 cups dry whole wheat & enriched elbow macaroni; 1 lb dry = about 8-1/2 cups cooked
	Pound	17.00	1/2 cup cooked (1.00 oz eq grains)	5.90	1 lb dry = about 3-3/4 cups dry whole wheat & enriched elbow macaroni; 1 lb dry = about 8-1/2 cups cooked
	Pound	11.30	3/4 cup cooked (1.50 oz eq grains)	8.90	1 lb dry = about 3-3/4 cups dry whole wheat & enriched elbow macaroni; 1 lb dry = about 8-1/2 cups cooked
Pasta (Group H) Elbow Pasta, Whole Grain, (brown rice), Regular, Dry	Pound	34.50	1/4 cup cooked (0.50 oz eq grains)	2.90	1 lb dry = about 4-1/2 cups dry whole grain elbow pasta; 1 lb dry = about 8-5/8 cups cooked
	Pound	17.20	1/2 cup cooked (1.00 oz eq grains)	5.90	1 lb dry = about 4-1/2 cups dry whole grain elbow pasta; 1 lb dry = about 8-5/8 cups cooked
	Pound	11.50	3/4 cup cooked (1.50 oz eq grains)	8.70	1 lb dry = about 4-1/2 cups dry whole grain elbow pasta; 1 lb dry = about 8-5/8 cups cooked
Pasta (Group H) Noodles, Egg, Medium, Enriched², Dry	Pound	40.30	1/4 cup cooked (0.50 oz eq grains)	2.50	1 lb dry = about 11-7/8 cups dry enriched egg noodles
	Pound	20.10	1/2 cup cooked (1.00 oz eq grains)	5.00	1 lb dry = about 11-7/8 cups dry enriched egg noodles
	Pound	13.40	3/4 cup cooked (1.50 oz eq grains)	7.50	1 lb dry = about 11-7/8 cups dry enriched egg noodles
Pasta (Group H) Noodles, Lasagna, Enriched², Dry	Pound	28.30	1/4 cup cooked (0.50 oz eq grains)	3.60	1 lb dry = about 21 pieces dry enriched lasagna noodles; 1 lb dry = 2.66 lb (about 7 cups) cooked boiled 15 min

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Pasta (Group H) Noodles, Lasagna, Enriched[2], Dry	Pound	14.10	1/2 cup cooked (1.00 oz eq grains)	7.10	1 lb dry = about 21 pieces dry enriched lasagna noodles; 1 lb dry = 2.66 lb (about 7 cups) cooked boiled 15 min
	Pound	9.46	3/4 cup cooked (1.50 oz eq grains)	10.60	1 lb dry = about 21 pieces dry enriched lasagna noodles; 1 lb dry = 2.66 lb (about 7 cups) cooked boiled 15 min
Pasta (Group H) Noodles, Lasagna, Whole Wheat, Dry	Pound	27.00	1/4 cup cooked (0.50 oz eq grains)	3.80	1 lb dry = about 4-5/8 cups dry pieces of whole wheat lasagna noodles; 1 lb dry = about 6-3/4 cups cooked pieces
	Pound	13.50	1/2 cup cooked (1.00 oz eq grains)	7.50	1 lb dry = about 4-5/8 cups dry pieces of whole wheat lasagna noodles; 1 lb dry = about 6-3/4 cups cooked pieces
	Pound	9.00	3/4 cup cooked (1.50 oz eq grains)	11.20	1 lb dry = about 4-5/8 cups dry pieces of whole wheat lasagna noodles; 1 lb dry = about 6-3/4 cups cooked pieces
Pasta (Group H) Noodles, Lasagna, Whole Wheat and Enriched Flour Blend[3], Dry	Pound	32.50	1/4 cup cooked (0.50 oz eq grains)	3.10	1 lb dry = about 5-7/8 cups dry pieces of whole wheat & enriched lasagna noodles; 1 lb dry = about 8-1/8 cups cooked pieces
	Pound	16.20	1/2 cup cooked (1.00 oz eq grains)	6.20	1 lb dry = about 5-7/8 cups dry pieces of whole wheat & enriched lasagna noodles; 1 lb dry = about 8-1/8 cups cooked pieces
	Pound	10.80	3/4 cup cooked (1.50 oz eq grains)	9.30	1 lb dry = about 5-7/8 cups dry pieces of whole wheat & enriched lasagna noodles; 1 lb dry = about 8-1/8 cups cooked pieces
Pasta (Group H) Noodles, Lasagna sheets, Enriched[2], Frozen	Pound	13.90	1/4 cup cooked (0.50 oz eq grains)	7.20	1 lb frozen = about 3-3/4 frozen enriched lasagna sheets; 1 lb AP = 1.47 lb (about 2-1/2 sheets) cooked boiled 4 min
	Pound	6.96	1/2 cup cooked (1.00 oz eq grains)	14.40	1 lb frozen = about 3-3/4 frozen enriched lasagna sheets; 1 lb AP = 1.47 lb (about 2-1/2 sheets) cooked boiled 4 min
	Pound	4.64	3/4 cup cooked (1.50 oz eq grains)	21.60	1 lb frozen = about 3-3/4 frozen enriched lasagna sheets; 1 lb AP = 1.47 lb (about 2-1/2 sheets) cooked boiled 4 min

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PASTA (continued)					
Pasta (Group H) Noodles, Ramen, Enriched², Dry	Pound	25.40	1/4 cup cooked (0.50 oz eq grains)	4.00	1 lb dry = about 5-1/2 cups dry enriched ramen noodles; 1 lb dry = 3.07 lb (about 6-1/3 cups) cooked boiled 3 min
	Pound	12.70	1/2 cup cooked (1.00 oz eq grains)	7.90	1 lb dry = about 5-1/2 cups dry enriched ramen noodles; 1 lb dry = 3.07 lb (about 6-1/3 cups) cooked boiled 3 min
	Pound	8.48	3/4 cup cooked (1.50 oz eq grains)	11.80	1 lb dry = about 5-1/2 cups dry enriched ramen noodles; 1 lb dry = 3.07 lb (about 6-1/3 cups) cooked boiled 3 min
Pasta (Group H) Orzo, Enriched², Dry	Pound	25.50	1/4 cup cooked (0.50 oz eq grains)	4.00	1 lb dry = about 2-3/8 cups dry enriched orzo pasta; 1 lb dry = 3.07 lb (about 6-3/8 cups) cooked boiled 14 min
	Pound	12.70	1/2 cup cooked (1.00 oz eq grains)	7.90	1 lb dry = about 2-3/8 cups dry enriched orzo pasta; 1 lb dry = 3.07 lb (about 6-3/8 cups) cooked boiled 14 min
	Pound	8.53	3/4 cup cooked (1.50 oz eq grains)	11.80	1 lb dry = about 2-3/8 cups dry enriched orzo pasta; 1 lb dry = 3.07 lb (about 6-3/8 cups) cooked boiled 14 min
Pasta (Group H) Orzo, Whole Wheat, Dry	Pound	30.00	1/4 cup cooked (0.50 oz eq grains)	3.40	1 lb dry = about 2-7/8 cups dry whole wheat orzo pasta; 1 lb dry = about 7-1/2 cups cooked
	Pound	15.00	1/2 cup cooked (1.00 oz eq grains)	6.70	1 lb dry = about 2-7/8 cups dry whole wheat orzo pasta; 1 lb dry = about 7-1/2 cups cooked
	Pound	10.00	3/4 cup cooked (1.50 oz eq grains)	10.00	1 lb dry = about 2-7/8 cups dry whole wheat orzo pasta; 1 lb dry = about 7-1/2 cups cooked
Pasta (Group H) Penne, Enriched², Dry	Pound	31.20	1/4 cup cooked (0.50 oz eq grains)	3.20	1 lb dry = about 5-1/8 cups dry enriched penne pasta; 1 lb dry = 2.60 lb (about 7-3/4 cups) cooked boiled 14 min
	Pound	15.60	1/2 cup cooked (1.00 oz eq grains)	6.50	1 lb dry = about 5-1/8 cups dry enriched penne pasta; 1 lb dry = 2.60 lb (about 7-3/4 cups) cooked boiled 14 min
	Pound	10.40	3/4 cup cooked (1.50 oz eq grains)	9.70	1 lb dry = about 5-1/8 cups dry enriched penne pasta; 1 lb dry = 2.60 lb (about 7-3/4 cups) cooked boiled 14 min
Pasta (Group H) Penne, Whole Wheat, Dry	Pound	34.50	1/4 cup cooked (0.50 oz eq grains)	2.90	1 lb dry = about 5-3/8 cups dry whole wheat penne pasta; 1 lb dry = about 8-5/8 cups cooked
	Pound	17.20	1/2 cup cooked (1.00 oz eq grains)	5.90	1 lb dry = about 5-3/8 cups dry whole wheat penne pasta; 1 lb dry = about 8-5/8 cups cooked

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PASTA (continued)					
Pasta (Group H) Penne, Whole Wheat, Dry	Pound	11.50	3/4 cup cooked (1.50 oz eq grains)	8.70	1 lb dry = about 5-3/8 cups dry whole wheat penne pasta; 1 lb dry = about 8-5/8 cups cooked
Pasta (Group H) Penne, Whole Wheat and Enriched Flour Blend[3], Dry, Includes USDA Foods	Pound	34.50	1/4 cup cooked (0.50 oz eq grains)	2.90	1 lb dry = about 4-3/8 cups dry whole wheat and enriched penne pasta; 1 lb dry = about 8-5/8 cups cooked
	Pound	17.20	1/2 cup cooked (1.00 oz eq grains)	5.90	1 lb dry = about 4-3/8 cups dry whole wheat and enriched penne pasta; 1 lb dry = about 8-5/8 cups cooked
	Pound	11.50	3/4 cup cooked (1.50 oz eq grains)	8.70	1 lb dry = about 4-3/8 cups dry whole wheat and enriched penne pasta; 1 lb dry = about 8-5/8 cups cooked
Pasta (Group H) Shells, Large, Enriched[2], (for stuffing), Dry	Pound	30.50	1/4 cup cooked (0.50 oz eq grains)	3.30	1 lb dry = about 5-3/8 cups dry enriched shells pasta; 1 lb dry = about 7-5/8 cups cooked
	Pound	15.20	1/2 cup cooked (1.00 oz eq grains)	6.60	1 lb dry = about 5-3/8 cups dry enriched shells pasta; 1 lb dry = about 7-5/8 cups cooked
	Pound	10.10	3/4 cup cooked (1.50 oz eq grains)	10.00	1 lb dry = about 5-3/8 cups dry enriched shells pasta; 1 lb dry = about 7-5/8 cups cooked
Pasta (Group H) Shells, Medium, Enriched[2], Dry	Pound	26.70	1/4 cup cooked (0.50 oz eq grains)	3.80	1 lb dry = about 6 cups dry, medium enriched shells pasta; 1 lb dry = 2.53 lb (about 6-2/3 cups) cooked pasta; 1/4 cup cooked = about 17 shells boiled 12 min
	Pound	13.30	1/2 cup cooked (1.00 oz eq grains)	7.60	1 lb dry = about 6 cups dry, medium enriched shells pasta; 1 lb dry = 2.53 lb (about 6-2/3 cups) cooked pasta; 1/4 cup cooked = about 17 shells boiled 12 min
	Pound	8.93	3/4 cup cooked (1.50 oz eq grains)	11.20	1 lb dry = about 6 cups dry, medium enriched shells pasta; 1 lb dry = 2.53 lb (about 6-2/3 cups) cooked pasta; 1/4 cup cooked = about 17 shells boiled 12 min
Pasta (Group H) Shells, Whole Wheat, Medium, Dry	Pound	30.50	1/4 cup cooked (0.50 oz eq grains)	3.30	1 lb dry = about 5-3/8 cups dry whole wheat shells pasta; 1 lb dry = about 7-5/8 cups cooked
	Pound	15.20	1/2 cup cooked (1.00 oz eq grains)	6.60	1 lb dry = about 5-3/8 cups dry whole wheat shells pasta; 1 lb dry = about 7-5/8 cups cooked
	Pound	10.10	3/4 cup cooked (1.50 oz eq grains)	10.00	1 lb dry = about 5-3/8 cups dry whole wheat shells pasta; 1 lb dry = about 7-5/8 cups cooked

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PASTA (continued)					
Pasta (Group H) Shells, Whole Wheat and Enriched Flour Blend[3], Medium, Dry	Pound	38.50	1/4 cup cooked (0.50 oz eq grains)	2.60	1 lb dry = about 5-7/8 cups dry whole wheat and enriched shells pasta; 1 lb dry = about 9-5/8 cups cooked
	Pound	19.20	1/2 cup cooked (1.00 oz eq grains)	5.30	1 lb dry = about 5-7/8 cups dry whole wheat and enriched shells pasta; 1 lb dry = about 9-5/8 cups cooked
	Pound	12.80	3/4 cup cooked (1.50 oz eq grains)	7.90	1 lb dry = about 5-7/8 cups dry whole wheat and enriched shells pasta; 1 lb dry = about 9-5/8 cups cooked
Pasta (Group H) Spaghetti, Regular, Enriched[2], Dry, Includes USDA Foods	Pound	21.20	1/4 cup cooked, pieces (0.50 oz eq grains)	4.80	1 lb dry = about 3-1/4 cups dry enriched spaghetti pieces; 1 lb dry = 2.37 lb (about 5-1/4 cups) al dente cooked boiled 8 min
	Pound	10.60	1/2 cup cooked, pieces (1.00 oz eq grains)	9.50	1 lb dry = about 3-1/4 cups dry enriched spaghetti pieces; 1 lb dry = 2.37 lb (about 5-1/4 cups) al dente cooked boiled 8 min
	Pound	7.06	3/4 cup cooked, pieces (1.50 oz eq grains)	14.20	1 lb dry = about 3-1/4 cups dry enriched spaghetti pieces; 1 lb dry = 2.37 lb (about 5-1/4 cups) al dente cooked boiled 8 min
Pasta (Group H) Spaghetti, Whole Wheat, Regular, Dry	Pound	34.00	1/4 cup cooked, pieces (0.50 oz eq grains)	3.00	1 lb dry = about 4-3/4 cups dry pieces of whole wheat spaghetti; 1 lb dry = about 8-1/2 cups cooked
	Pound	17.00	1/2 cup cooked, pieces (1.00 oz eq grains)	5.90	1 lb dry = about 4-3/4 cups dry pieces of whole wheat spaghetti; 1 lb dry = about 8-1/2 cups cooked
	Pound	11.30	3/4 cup cooked, pieces (1.50 oz eq grains)	8.90	1 lb dry = about 4-3/4 cups dry pieces of whole wheat spaghetti; 1 lb dry = about 8-1/2 cups cooked
Pasta (Group H) Spaghetti, Whole Wheat and Enriched Flour Blend[3], Regular, Dry, Includes USDA Foods	Pound	35.50	1/4 cup cooked, pieces (0.50 oz eq grains)	2.90	1 lb dry = about 4-3/4 cups dry pieces of whole wheat and enriched spaghetti; 1 lb dry = about 8-7/8 cups cooked
	Pound	17.70	1/2 cup cooked, pieces (1.00 oz eq grains)	5.70	1 lb dry = about 4-3/4 cups dry pieces of whole wheat and enriched spaghetti; 1 lb dry = about 8-7/8 cups cooked
	Pound	11.80	3/4 cup cooked, pieces (1.50 oz eq grains)	8.50	1 lb dry = about 4-3/4 cups dry pieces of whole wheat and enriched spaghetti; 1 lb dry = about 8-7/8 cups cooked

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PASTA (continued)					
Pasta (Group H) Spaghetti, Whole Grain, (brown rice), Regular, Dry	Pound	24.50	1/4 cup cooked, pieces (0.50 oz eq grains)	4.10	1 lb dry = about 4 cups dry pieces of whole grain spaghetti; 1 lb dry = about 6-1/8 cups cooked
	Pound	12.20	1/2 cup cooked, pieces (1.00 oz eq grains)	8.20	1 lb dry = about 4 cups dry pieces of whole grain spaghetti; 1 lb dry = about 6-1/8 cups cooked
	Pound	8.10	3/4 cup cooked, pieces (1.50 oz eq grains)	12.40	1 lb dry = about 4 cups dry pieces of whole grain spaghetti; 1 lb dry = about 6-1/8 cups cooked
Pasta (Group H) Spiral (Rotini), Enriched[2], Dry	Pound	33.80	1/4 cup cooked (0.50 oz eq grains)	3.00	1 lb dry = about 5-3/8 cups dry enriched spiral pasta
	Pound	16.90	1/2 cup cooked (1.00 oz eq grains)	6.00	1 lb dry = about 5-3/8 cups dry enriched spiral pasta
	Pound	11.20	3/4 cup cooked (1.50 oz eq grains)	9.00	1 lb dry = about 5-3/8 cups dry enriched spiral pasta
Pasta (Group H) Spiral (Rotini), Whole Wheat, Dry	Pound	38.00	1/4 cup cooked (0.50 oz eq grains)	2.70	1 lb dry = about 6-3/8 cups dry whole wheat spiral pasta; 1 lb dry = about 9-1/2 cups cooked
	Pound	19.00	1/2 cup cooked (1.00 oz eq grains)	5.20	1 lb dry = about 6-3/8 cups dry whole wheat spiral pasta; 1 lb dry = about 9-1/2 cups cooked
	Pound	12.60	3/4 cup cooked (1.50 oz eq grains)	8.00	1 lb dry = about 6-3/8 cups dry whole wheat spiral pasta; 1 lb dry = about 9-1/2 cups cooked
Pasta (Group H) Spiral (Rotini), Whole Wheat and Enriched Flour Blend[3], Dry, Includes USDA Foods	Pound	33.00	1/4 cup cooked (0.50 oz eq grains)	3.10	1 lb dry = about 4-5/8 cups dry whole wheat and enriched spiral pasta; 1 lb dry = about 8-1/4 cups cooked
	Pound	16.50	1/2 cup cooked (1.00 oz eq grains)	6.10	1 lb dry = about 4-5/8 cups dry whole wheat and enriched spiral pasta; 1 lb dry = about 8-1/4 cups cooked
	Pound	11.00	3/4 cup cooked (1.50 oz eq grains)	9.10	1 lb dry = about 4-5/8 cups dry whole wheat and enriched spiral pasta; 1 lb dry = about 8-1/4 cups cooked
Pasta (Group H) Wagon Wheels, Medium size, Enriched[2], Dry	Pound	31.10	1/4 cup cooked (0.50 oz eq grains)	3.30	1 lb dry = about 5 cups dry, enriched wagon wheels pasta; 1 lb dry = 2.79 lb (about 7-3/4 cups) cooked boiled 12 min
	Pound	15.50	1/2 cup cooked (1.00 oz eq grains)	6.50	1 lb dry = about 5 cups dry, enriched wagon wheels pasta; 1 lb dry = 2.79 lb (about 7-3/4 cups) cooked boiled 12 min

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PASTA (continued)					
Pasta (Group H) Wagon Wheels, Medium size, Enriched², Dry	Pound	10.30	3/4 cup cooked (1.50 oz eq grains)	9.70	1 lb dry = about 5 cups dry, enriched wagon wheels pasta; 1 lb dry = 2.79 lb (about 7-3/4 cups) cooked boiled 12 min
POPCORN					
Popcorn, popped (Similar to Popped Sorghum)	Pound	64.00	3/4 cup popped provides 1/4 oz equivalent grains	1.60	
	Pound	32.00	1-1/2 cup popped provides 1/2 oz equivalent grains	3.20	
	Pound	16.00	3 cup popped provides 1 oz equivalent grains	6.30	
RICE					
Rice (Group H) Black or Purple, Regular, Dry	Pound	31.66	1/4 cup cooked (0.50 oz eq grains)	3.20	1 lb dry = about 2-1/2 cups dry black or purple rice; 1 lb dry = about 7-3/4 cups cooked black or purple rice
	Pound	15.83	1/2 cup cooked (1.00 oz eq grains)	6.40	1 lb dry = about 2-1/2 cups dry black or purple rice; 1 lb dry = about 7-3/4 cups cooked black or purple rice
	Pound	10.55	3/4 cup cooked (1.50 oz eq grains)	9.50	1 lb dry = about 2-1/2 cups dry black or purple rice; 1 lb dry = about 7-3/4 cups cooked black or purple rice
Rice (Group H) Brown, Long grain, Instant, Dry	Pound	25.16	1/4 cup cooked (0.50 oz eq grains)	4.00	1 lb dry = 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/3 cups cooked
	Pound	12.58	1/2 cup cooked (1.00 oz eq grains)	8.00	1 lb dry = 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/3 cups cooked
	Pound	8.38	3/4 cup cooked (1.50 oz eq grains)	12.00	1 lb dry = 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/3 cups cooked
Rice (Group H) Brown, Long grain, Regular, Dry	Pound	26.00	1/4 cup cooked (0.50 oz eq grains)	3.90	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/2 cups cooked
	Pound	13.00	1/2 cup cooked (1.00 oz eq grains)	7.70	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/2 cups cooked
	Pound	8.66	3/4 cup cooked (1.50 oz eq grains)	11.60	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/2 cups cooked
Rice (Group H) Brown, Long grain, Parboiled, Dry, Includes USDA Foods	Pound	31.00	1/4 cup cooked (0.50 oz eq grains)	3.30	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked

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RICE (continued)					
Rice (Group H) Brown, Long grain, Parboiled, Dry, Includes USDA Foods	Pound	15.50	1/2 cup cooked (1.00 oz eq grains)	6.50	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked
	Pound	10.30	3/4 cup cooked (1.50 oz eq grains)	9.80	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked
Rice (Group H) Brown, Medium grain, Quick Cooking, Dry	Pound	22.00	1/4 cup cooked (0.50 oz eq grains)	4.60	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 5-1/2 cups cooked brown rice
	Pound	11.00	1/2 cup cooked (1.00 oz eq grains)	9.10	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 5-1/2 cups cooked brown rice
	Pound	7.33	3/4 cup cooked (1.50 oz eq grains)	13.70	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 5-1/2 cups cooked brown rice
Rice (Group H) White, Long grain, Parboiled, Enriched[2], Dry, Includes USDA Foods	Pound	28.00	1/4 cup cooked (0.50 oz eq grains)	3.60	1 lb dry = about 2-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 2-3/4 cups cooked
	Pound	14.00	1/2 cup cooked (1.00 oz eq grains)	7.20	1 lb dry = about 2-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 2-3/4 cups cooked
	Pound	9.33	3/4 cup cooked (1.50 oz eq grains)	10.80	1 lb dry = about 2-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 2-3/4 cups cooked
Rice (Group H) White, Long grain, Instant, Enriched[2], Dry	Pound	28.00	1/4 cup cooked (0.50 oz eq grains)	3.60	1 lb dry = about 4-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 1-1/2 cups cooked
	Pound	14.00	1/2 cup prepared with boiling water (1.00 oz eq grains)	7.20	1 lb dry = about 4-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 1-1/2 cups cooked
	Pound	9.33	3/4 cup prepared with boiling water (1.50 oz eq grains)	10.80	1 lb dry = about 4-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 1-1/2 cups cooked
Rice (Group H) White, Long grain, Regular, Enriched[2], Dry	Pound	30.00	1/4 cup cooked (0.50 oz eq grains)	3.40	1 lb dry = about 2-1/3 cups dry enriched rice; 1 lb dry = about 7-1/2 cups cooked; 1 cup dry = about 3-1/4 cups cooked
	Pound	15.00	1/2 cup cooked (1.00 oz eq grains)	6.70	1 lb dry = about 2-1/3 cups dry enriched rice; 1 lb dry = about 7-1/2 cups cooked; 1 cup dry = about 3-1/4 cups cooked

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RICE (continued)					
Rice (Group H) White, Long grain, Regular, Enriched[2], Dry	Pound	10.00	3/4 cup cooked (1.50 oz eq grains)	10.00	1 lb dry = about 2-1/3 cups dry enriched rice; 1 lb dry = about 7-1/2 cups cooked; 1 cup dry = about 3-1/4 cups cooked
Rice (Group H) White, Short/Medium grain, Regular, Enriched[2], Dry	Pound	27.00	1/4 cup cooked (0.50 oz eq grains)	3.80	1 lb dry = about 2-1/4 cups dry enriched rice; 1 lb dry = about 6-3/4 cups cooked; 1 cup dry = about 3 cups cooked
	Pound	13.50	1/2 cup cooked (1.00 oz eq grains)	7.50	1 lb dry = about 2-1/4 cups dry enriched rice; 1 lb dry = about 6-3/4 cups cooked; 1 cup dry = about 3 cups cooked
	Pound	9.00	3/4 cup cooked (1.50 oz eq grains)	11.20	1 lb dry = about 2-1/4 cups dry enriched rice; 1 lb dry = about 6-3/4 cups cooked; 1 cup dry = about 3 cups cooked
RICE CAKES					
Rice Cakes (Group A) Puffed, (Includes: seeds, enriched or other whole grains)	Package (average 5.25 oz)	10.70	1-1/2 cakes provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	9.30	1 lb AP = about 48 rice cakes
RYE WAFERS					
Rye Wafers (Group A)	Pound	36.00	2 wafers provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	2.80	
SALTINES					
Saltines (Group A) Enriched[2]	Pound	41.20	4 crackers provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	2.50	
	Pound	20.60	8 crackers provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.90	
SOBA NOODLES					
Soba Noodles (Group H) Whole Grain	Pound	27.50	1/4 cup cooked, pieces	3.70	1 lb dry = about 4-3/4 cups dry pieces of whole grain soba noodles; 1 lb dry = about 6-7/8 cups cooked
	Pound	13.75	1/2 cup cooked, pieces	7.30	1 lb dry = about 4-3/4 cups dry pieces of whole grain soba noodles; 1 lb dry = about 6-7/8 cups cooked
	Pound	9.16	3/4 cup cooked, pieces	11.00	1 lb dry = about 4-3/4 cups dry pieces of whole grain soba noodles; 1 lb dry = about 6-7/8 cups cooked

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SODA CRACKERS					
Soda Crackers (Group A) Enriched[2]	Pound	45.00	2 crackers provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	2.30	
	Pound	22.50	8 crackers provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.50	
SORGHUM					
Sorghum, Pearled[6] (Group H) Dry	Pound	27.33	1/4 cup cooked	3.70	1 lb dry = about 2-1/2 cups dry pearled sorghum; 1 lb dry = about 6-3/4 cups cooked
	Pound	13.67	1/2 cup cooked	7.40	1 lb dry = about 2-1/2 cups dry pearled sorghum; 1 lb dry = about 6-3/4 cups cooked
	Pound	9.11	3/4 cup cooked	11.00	1 lb dry = about 2-1/2 cups dry pearled sorghum; 1 lb dry = about 6-3/4 cups cooked
Sorghum (Group H) Whole, Dry	Pound	31.00	1/4 cup cooked	3.30	1 lb dry = about 2-1/4 cups dry whole sorghum; 1 lb dry = about 7-3/4 cups cooked
	Pound	15.50	1/2 cup cooked	6.50	1 lb dry = about 2-1/4 cups dry whole sorghum; 1 lb dry = about 7-3/4 cups cooked
	Pound	10.33	3/4 cup cooked	9.70	1 lb dry = about 2-1/4 cups dry whole sorghum; 1 lb dry = about 7-3/4 cups cooked
TACO/TOSTADA SHELLS					
Taco/Tostada Shells (Group B)	Dozen	12.00	1 taco/tostada shell provide 1/2 grains serving (must weigh at least 14 g or 0.5 oz)	8.40	
	Dozen	6.00	2 taco/tostada shells provide 1 grains serving (must weigh at least 28 g or 1.0 oz)	16.70	
WHEAT GERM					
Wheat Germ (Group I) Toasted, Dry	Pound	13.00	1/4 cup provides 1 grains serving (must weigh at least 28 g or 1 oz dry)	7.70	1 lb dry = about 3-1/4 cups dry wheat germ
WILD RICE					
Wild Rice[5] (Group H) Dry	Pound	34.80	1/4 cup cooked (0.50 oz eq grains)	2.90	1 lb dry = about 2-2/3 cups dry wild rice; Add 2-1/2 cups water to 1 cup dry rice; 1 lb dry = 2.55 lb (about 8-2/3 cups) cooked

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WILD RICE (continued)					
Wild Rice[5] (Group H) Dry	Pound	17.40	1/2 cup cooked (1.00 oz eq grains)	5.80	1 lb dry = about 2-2/3 cups dry wild rice; Add 2-1/2 cups water to 1 cup dry rice; 1 lb dry = 2.55 lb (about 8-2/3 cups) cooked
	Pound	11.60	3/4 cup cooked (1.50 oz eq grains)	8.70	1 lb dry = about 2-2/3 cups dry wild rice; Add 2-1/2 cups water to 1 cup dry rice; 1 lb dry = 2.55 lb (about 8-2/3 cups) cooked
Wild Rice and Enriched White Rice Mix[2,3] (Group H) Dry	Pound	28.70	1/4 cup cooked (0.50 oz eq grains)	3.50	1 lb dry = about 2-3/8 cups dry wild rice and enriched white rice mix; Add 2-1/4 cups water to 1 cup dry rice; 1 lb dry = 3.21 lb (about 7-1/8 cups) cooked
	Pound	14.30	1/2 cup cooked (1.00 oz eq grains)	7.00	1 lb dry = about 2-3/8 cups dry wild rice and enriched white rice mix; Add 2-1/4 cups water to 1 cup dry rice; 1 lb dry = 3.21 lb (about 7-1/8 cups) cooked
	Pound	9.57	3/4 cup cooked (1.50 oz eq grains)	10.50	1 lb dry = about 2-3/8 cups dry wild rice and enriched white rice mix; Add 2-1/4 cups water to 1 cup dry rice; 1 lb dry = 3.21 lb (about 7-1/8 cups) cooked
ZWIEBACK					
Zwieback (Group A) Enriched[2]	Pound	32.40	2 pieces provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	3.10	
	Pound	21.30	3 pieces provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.70	

Footnotes: Grains

[1] The number of slices per purchase unit does not include the end slices.

[2] Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service`s whole grain-rich (WGR) criteria.

[3] Must contain a minimum of 50% whole grains to meet the Food and Nutrition Service`s whole grain-rich (WGR) criteria.

[5] The yield for rice differs depending on how it is cooked. The yields provided in this guide represent the lower range of the average yield for each type of rice.

[6] Pearled grain items are processed in a manner that removes the bran, so they are not a whole grain; they must be included as an ingredient in an enriched product to be creditable in Child Nutrition Programs.