

# SCHOOL LUNCH MEAL PATTERN GRAINS FACT SHEET

At least 80% of the grains served in school meals per week must be Whole Grain-Rich (WGR) and the remaining grains served must be enriched.

## Whole Grain-Rich (WGR)

### BARLEY

Dehulled barley  
Dehulled-barley flour  
Whole barley  
Whole-barley flakes  
Whole-barley flour  
Whole grain barley  
Whole-grain barley flour

### BROWN RICE

Brown rice  
Brown rice flour

### CORN

Whole corn  
Whole-corn flour  
Whole cornmeal  
Whole-grain corn flour  
Whole-grain grits

### OATS

Oat groats  
Oatmeal or rolled oats  
Whole oats  
Whole-oat flour

### RYE

Whole rye  
Rye berries  
Whole-rye flour  
Whole-rye flakes

### WHEAT (RED)

Bulgur (cracked wheat)  
Bromated whole-wheat flour  
Cracked wheat or crushed wheat  
Entire wheat flour  
Graham flour  
Sprouted wheat  
Sprouted wheat berries  
Stone ground whole-wheat flour  
Toasted crushed whole wheat  
Wheat berries  
Whole bulgur  
Whole durum flour  
Whole durum wheat flour  
Whole-grain bulgur  
Whole-grain wheat  
Whole-wheat flour  
Whole-wheat pastry flour  
Whole wheat flakes

### WHEAT (WHITE)

Whole white wheat  
Whole white wheat flour

### WILD RICE

Wild rice  
Wild-rice flour

### LESS COMMON GRAINS

To be whole grains "whole" must be listed before the grain name

Amaranth	Buckwheat	Einkorn	Emmer (faro)	Kamut ®
Millet	Quinoa	Sorghum(milo)	Spelt	Teff
				Triticale

## Grain Facts:

- ★ To be considered WGR, the product must contain 100% whole grain OR be at least 50 percent whole grains, any remaining grains must be enriched and any non-creditable grains must be less than 2 percent ( $\frac{1}{4}$  ounce equivalent) of the product formula. For more information, see Whole Grain Resource for NSLP and SBP Manual
- ★ No more than two grain-based desserts can be credited per week.
- ★ A whole grain-rich product must meet at least one of the following criteria:

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1. Whole grains per serving must be  $\geq 8$  grams (may have whole grain stamp);  
Whole Grain Stamps



- ★ 100% Stamp – All grain ingredients are whole grain



- ★ Basic Stamp- product contains at least 8g (8 grams) of whole grain, but may also contain some refined grain.

-OR-

2. The product includes the following FDA approved whole grain health claim on its label. "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 some cancers."

-OR-

3. Product ingredient listing identifies whole grain first:  
Exception: If water is the first ingredient then whole grain must be the second ingredient.

Example: Batter ingredients: Water, whole wheat flour, whole grain corn, sugar...

\* Although the list is extensive, it is not comprehensive and therefore may not contain all possible representations of whole grain-rich ingredient names on food labels.