

Crediting Yogurt for Preschoolers in the National School Lunch Program, School Breakfast Program, and Afterschool Snack Program

This guidance applies to meals and snacks served to preschoolers (ages 1-4) in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO) of the NSLP, and Afterschool Snack Program (ASP) of the NSLP. The SBP meal patterns do not require the meat/meat alternates component. School food authorities (SFAs) may substitute the meat/meat alternates component (including yogurt) for the entire grains component at breakfast up to three times per week. For more information, see the USDA's handout, *Serving Meat and Meat Alternates at Breakfast in the CACFP*. For additional guidance on preschool meals and ASP snacks, see the CSDE's guide, *Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP*.



Yogurt and soy yogurt must comply with the USDA's sugar limit (see page 2) to credit as the meat/meat alternates component in the preschool meal patterns. Yogurt includes plain yogurt, flavored yogurt, and yogurt with added fruit, either blended or on the bottom. Yogurt must meet the Food and Drug Administration's (FDA) standard of identity for yogurt (21 CFR 131.200), low-fat yogurt (21 CFR 131.203), or nonfat yogurt (21 CFR 131.206).



Serving Size

The required serving size for yogurt is based on volume (cups) or weight (ounces) and is the same for all types, flavors, and fat contents. A ½-cup serving (volume) or 4 ounces (weight) credits as 1 ounce of the meat/meat alternates component in the preschool meal patterns.

Noncreditable Yogurt

Drinkable or squeezable yogurt and frozen yogurt do not credit in the preschool meal patterns. The FDA's definition and standard of identity requires that yogurt must be "coagulated," not liquid. The FDA does not have a standard of identity for frozen yogurt. Yogurt tubes must be fully defrosted before they can be served.

Yogurt in Smoothies

Yogurt and soy yogurt that meet the sugar limit may credit as the meat/meat alternates component when served in smoothies made on site by the SFA. Yogurt in commercial smoothies does not credit as the meat/meat alternates component. For more information, see



Crediting Yogurt for Preschoolers in the NSLP, SBP, and ASP

the Connecticut State Department of Education’s (CSDE) handout, *Crediting Smoothies for Preschoolers in the NSLP, SBP, and ASP*.

Limit for Sugars in Yogurt

Yogurt and soy yogurt served in preschool meals and ASP snacks cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). Menu planners can use the Nutrition Facts panel to determine if yogurt meets the limit for sugars.

Table 1 below shows how to calculate if a yogurt product meets the sugar limit, using the sample Nutrition Facts panel on the right. This yogurt contains 2.45 grams of sugars per ounce, which complies with the sugar limit for yogurt in preschool meals and ASP snacks.

For more information, see the USDA’s handouts, *Calculating Sugar Limits for Yogurt in the CACFP* and *Choose Yogurts that are Lower in Added Sugars*. These handouts are available in English and Spanish on the USDA’s [CACFP Training Tools](#) webpage.

Nutrition Facts	
Serving Size 5.3 oz. container (113 g)	
Servings Per Container about 1	
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 40 mg	2%
Potassium 190 mg	6%
Total Carbohydrates 15g	5%
Dietary Fiber 0g 0%	
Sugars 13g	
Including 0g Added Sugars	
Protein 13 g	26%

Table 1. Steps for calculating compliance with the preschool sugar limit for yogurt

1. List the grams (g) of sugar per serving from the Nutrition Facts label.	A	13	grams of sugar
2. List the serving size in ounces (oz) from the Nutrition Facts label.	B	5.3	serving size (ounces)
3. Calculate the grams of sugars per ounce (Divide A by B).	C	2.45	grams of sugars per ounce
4. Is C equal to or less than 3.83? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If “yes,” the product meets the preschool sugar limit.			

Crediting Yogurt for Preschoolers in the NSLP, SBP, and ASP

Note: Unlike the preschool meal patterns, the meal patterns for grades K-12 do not limit the amount of sugars in yogurt and soy yogurt. If a SFA serves the same types of yogurt and soy yogurt to grades K-12 and preschoolers, these foods must comply with the preschool sugar limit for yogurt and soy yogurt. The two exceptions are when SFAs choose to follow the K-5 meal pattern for preschoolers and grades K-5 who eat in the same service area at the same time; or the ASP K-12 meal pattern for preschoolers and grades K-12 who eat in the same service area at the same time. For more information, see the CSDE's guide, *Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP*, and *USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers*.

Resources

CACFP Training Tools (USDA).

<https://www.fns.usda.gov/cacfp-training-tools>

Calculating Sugar Limits for Yogurt in the CACFP (USDA):

<https://www.fns.usda.gov/sites/default/files/tn/CACFPCalcYogurt.pdf>

Choose Yogurts that are Lower in Added Sugars (USDA):

<https://fns-prod.azureedge.net/sites/default/files/tn/cacfp-chooseyogurts.pdf>

Comparison of Meal Pattern Requirements for Preschool and Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/ComparisonPreschoolK12.pdf>

Crediting Smoothies for Preschoolers in the NSLP, SBP, and ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditSmoothiePreschool.pdf>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage)

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs>

Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/MPGpreschool.pdf>

Product Formulation Statement for Meat/Meat Alternates (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Documenting_Meat_Meat_Alternate_Nov_2019.pdf

Serving Meat and Meat Alternates at Breakfast in the CACFP (USDA):

<https://www.fns.usda.gov/sites/default/files/tn/CACFPMeatAlt.pdf>

USDA Memo SP 53-2016 and CACFP 21-2016: Crediting Tofu and Soy Yogurt Products.

<https://www.fns.usda.gov/crediting-tofu-and-soy-yogurt-products-school-meal-programs-and-cacfp>

Crediting Yogurt for Preschoolers in the NSLP, SBP, and ASP



CONNECTICUT STATE
DEPARTMENT OF EDUCATION

For more information, review the CSDE's guide, *Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP*, and visit the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage, or contact the [school nutrition programs staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditYogurtPreschool.pdf>.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.

Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 607, Hartford, CT 06103, 860-807-2071, levy.gillespie@ct.gov.