

# Crediting Smoothies for Preschoolers in the National School Lunch Program and School Breakfast Program

This guidance applies to the U.S. Department of Agriculture’s (USDA) meal patterns for preschoolers (ages 1-4) in the 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 SSO follows the NSLP and SBP preschool meal patterns. The requirements for the preschool meal patterns are the same as the Child and Adult Care Food Program (CACFP). For information on the preschool meal patterns and crediting foods, refer to the CSDE’s [Menu Planning Guide for Preschoolers in the NSLP and SBP](#) and visit the CSDE’s [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage.

## Creditable Ingredients

Smoothie ingredients that credit toward the meal preschool meal patterns include full-strength vegetable juice and pureed vegetables (vegetables component); full-strength fruit juice and pureed fruits (fruits component); low-fat or fat-free milk (milk component); and yogurt or soy yogurt (meat/meat alternates (MMA) component).

Creditable ingredients in smoothies must provide at least the minimum creditable amount to credit toward the meal patterns for grades K-12. The minimum creditable amounts are:

- $\frac{1}{8}$  cup for the vegetables component;
- $\frac{1}{8}$  cup for the fruits component;
- $\frac{1}{4}$  cup for the milk component (applies only to milk in smoothies); and
- $\frac{1}{8}$  cup ( $\frac{1}{4}$  ounce) for yogurt.



If a smoothie contains less than the full serving of a component, the menu must include an additional food from that component to meet the full requirement.

School food authorities (SFAs) must maintain appropriate documentation to indicate the crediting information for smoothies. For example, to credit a strawberry smoothie as  $\frac{1}{2}$  cup of the fruits component and 1 ounce of the MMA component, the documentation must indicate that the serving contains  $\frac{1}{2}$  cup of pureed strawberries and  $\frac{1}{2}$  cup of yogurt.

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## Required Crediting Documentation

To credit smoothies made from scratch, SFAs must have a standardized recipe that indicates the meal pattern contribution of each component in the serving. For information on standardized recipes, visit the “[Crediting Foods Made from Scratch in Preschool Menus](#)” section of the CSDE’s [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage.

To credit commercial smoothies, SFAs must obtain a product formulation statement (PFS). A Child Nutrition (CN) label may be available for some commercial smoothies that contain yogurt. For information on CN labels and PFS forms, refer to the CSDE’s resources, [Child Nutrition \(CN\) Labeling Program, Using Product Formulation Statements in the School Nutrition Programs](#); and the USDA’s PFS forms and [Tips for Evaluating a Manufacturer’s Product Formulation Statement](#). Additional guidance on documentation for commercial products is available in the “[Crediting Commercial Processed Products in Preschool Menus](#)” section of the CSDE’s [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage.

Training on the requirements for CN labels and PFS forms is available in Module 6: Meal Pattern Documentation of the CSDE’s training program, [What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

## Recommended Daily Limit for Smoothies

The USDA recommends limiting smoothies to one preschool meal or snack per day. For example, if a smoothie is served at breakfast, the preschool menus for lunch and snack should not include a smoothie.



### Crediting Fruits and Vegetables in Smoothies

Pureed fruits and vegetables in smoothies credit only as juice toward the vegetables component or fruits component. Crediting is based on the volume (cups) of pureed fruits and vegetables per serving. For example, a smoothie that contains ½ cup of pureed strawberries credits as ½ cup of fruit juice. SFAs must document the amount of pureed fruits and vegetables per serving (refer to “[Required Crediting Documentation](#)” in this document). Menu planners must follow the guidance below when crediting fruits and vegetables in smoothies.

- **Juice limit:** Juice credits as the vegetables component or fruits component at only one preschool meal or ASP snack per day. Juice includes all types of 100 percent juice (e.g., fruit juice, vegetable juice, and juice blends; pureed fruits and vegetables in smoothies; frozen juice pops made from 100 percent juice; and juice from canned fruit served in 100 percent juice). For example, if the menu planner credits pureed blueberries in a smoothie as the fruits component at breakfast, juice cannot credit as the fruits component or the vegetables component at lunch or ASP snack. For more information, refer to the CSDE’s resource, [Crediting Juice for Preschoolers in the NSLP and SBP](#).
- **Mixed fruits and vegetables:** Smoothies that contain a mix of pureed fruits and vegetables, or 100 percent fruit and vegetable juice blends, credit based on the greatest fruit or vegetable ingredient. Commercial smoothies credit as the fruits component if the first juice ingredient is fruit juice or fruit puree, and credit as the vegetables component if the first juice ingredient is vegetable juice or vegetable puree. Smoothies made from scratch credit as the fruits component if the greatest juice ingredient in the standardized recipe is fruit juice or fruit puree, and credit as the vegetables component if vegetable juice or vegetable puree is the greatest juice ingredient.
- **Breakfast:** The preschool breakfast meal pattern requires a serving of vegetables, fruits, or both. Smoothies that contain the required amount of juice (including pureed fruits and vegetables) for each age group may credit as the entire vegetables and fruits component at breakfast. For example, a serving of smoothie that contains ½ cup of pureed strawberries credits as the full fruits component for ages 3-4.
- **Lunch:** The preschool lunch meal pattern requires a serving of the fruits component and a serving of vegetables component. Lunch menus cannot offer a smoothie and juice as the only two servings of fruits and vegetables because both credit as juice. For example, the lunch menu cannot offer a strawberry smoothie as the fruits component and tomato juice as the vegetables component. At least one of the required servings of the vegetables component or fruits component must be a whole fruit or vegetable, i.e., fresh, frozen, canned, or dried.

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- **Snack:** The [ASP preschool meal pattern](#) requires two of the five components. Pureed fruits and vegetables in smoothies may credit as either the entire fruits component or the entire vegetables component but cannot credit as both components in the same snack. Smoothies containing juice and milk may credit as either juice or milk but cannot credit as both components in the same snack. The snack menu cannot include juice (including pureed fruits and vegetables in smoothies) when milk is the only other snack component.

The examples below show how these requirements apply. **Note:** The smoothies in these examples cannot credit as the milk component for age 1 because the preschool meal patterns require unflavored whole milk for age 1.

- **Snack examples for ages 3-5:** The required ASP snack meal pattern servings for preschoolers are  $\frac{1}{2}$  cup of milk,  $\frac{1}{2}$  ounce of MMA,  $\frac{1}{2}$  cup of vegetables,  $\frac{1}{2}$  cup of fruits, and  $\frac{1}{2}$  ounce equivalent of grains.

**Example 1:** A serving of a smoothie recipe contains  $\frac{1}{2}$  cup of pureed fruit (credits as fruit juice) and  $\frac{1}{2}$  cup of unflavored low-fat milk. The menu planner may choose to credit the smoothie as either the full fruits component or the full milk component but cannot credit the smoothie as both components in the same snack. To be reimbursable, this snack must include the full serving of a second component that is not juice, fruit, or milk. The second component could be MMA or grains/breads. For example, this snack menu could include a  $\frac{1}{2}$ -oz eq whole-grain corn muffin (grains component) as the second component.

**Example 2:** A serving of a smoothie recipe contains  $\frac{1}{2}$  cup of pureed fruit (credits as fruit juice) and  $\frac{1}{4}$  cup of unflavored low-fat milk. The pureed fruit provides the full fruits component. However, the milk cannot credit as the full milk component because the serving is less than  $\frac{1}{2}$  cup. To be reimbursable, this snack must include the full serving of a second component that is not juice, fruit, or milk (such as MMA, grains, or vegetables). For example, this snack menu could include  $\frac{1}{2}$  cup of carrot sticks (vegetables component) as the second component.

The smoothies in these examples cannot credit as the milk component for age 1 because the preschool meal patterns require unflavored **whole** milk for age 1.

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## Crediting Milk in Smoothies

Milk in smoothies credits as the milk component based on the amount per serving. For example, a smoothie that contains  $\frac{1}{2}$  cup of milk credits as  $\frac{1}{2}$  cup of the milk component. SFAs must document the amount of milk per serving (refer to “[Required Crediting Documentation](#)” in this document).

- **Allowable types of milk:** For age 1, milk must be unflavored whole milk. For ages 2-4, milk must be unflavored low-fat (1%) or fat-free milk. Flavored milk does not credit in the preschool meal patterns.
- **Minimum creditable amount:** The minimum creditable amount of milk in a smoothie is  $\frac{1}{4}$  cup. SFAs must have a standardized recipe or PFS to document the type and amount of milk per serving (refer to “[Required Crediting Documentation](#)” in this document).

## Crediting Yogurt in Smoothies

Yogurt and soy yogurt that meets the preschool sugar limit credits as the MMA component when it is used as an ingredient in smoothies. Credit is based on the amount per serving. Yogurt and soy yogurt cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). For information on the crediting requirements for yogurt, refer to the CSDE’s resource, *Crediting Yogurt for Preschoolers in the NSLP and SBP*.

A  $\frac{1}{2}$ -cup serving of yogurt credits as 1 ounce of the MMA component. The minimum creditable amount is  $\frac{1}{8}$  cup. CACFP facilities must document the amount of yogurt or soy yogurt per serving with a recipe for smoothies made from scratch and a PFS for commercial products (refer to “[Required Crediting Documentation](#)” in this document). For information on the crediting requirements for yogurt, refer to the CSDE’s resource, *Crediting Yogurt for Preschoolers in the NSLP and SBP*.

The addition of yogurt to a smoothie is not a substitution for fluid milk in the preschool meal patterns. Fluid milk must be offered in all meals to meet the milk component requirement.

## Additional Ingredients

Smoothies may include additional noncreditable ingredients to improve flavor and consistency, such as oatmeal and peanut butter. However, these ingredients do not credit toward the preschool meal patterns.

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## Crediting Example

The example below shows how a smoothie made with blueberry puree, low-fat yogurt, fat-free milk, and oatmeal could credit toward the preschool meal patterns.

Blueberry smoothie recipe	
Ingredient	Meal pattern contribution <sup>1</sup>
Frozen blueberry puree, ½ cup	½ cup of fruit juice (fruits component) <sup>2</sup>
Low-fat blueberry yogurt, ½ cup	1 ounce of MMA
Low-fat milk, 4 fluid ounces	4 fluid ounces of milk <sup>3</sup>
Oatmeal, 2 tablespoons	None (does not credit in smoothies)

<sup>1</sup> If a creditable ingredient does not provide the full meal pattern component (minimum amount), the menu must include additional servings of that component to meet the preschool meal patterns.

<sup>2</sup> Pureed fruits and vegetables in smoothies count toward the juice limit. For more information, refer to the CSDE's resource, [Crediting Juice for Preschoolers in the NSLP and SBP](#).

<sup>3</sup> The minimum creditable amount of milk in a smoothie is ¼ cup. If a smoothie contains less than the full serving, the menu must include the additional amount milk to provide the full milk component. This smoothie recipe cannot credit as the milk component for age 1 because the preschool meal patterns for age 1 require unflavored whole milk.

## Commercial Products

Commercial smoothies credit the same as smoothies made from scratch. However, product formulation and labeling can vary greatly because commercial smoothies do not have a Food and Drug Administration (FDA) standard of identity. To credit commercial smoothies in preschool meals and snacks, SFAs must obtain a PFS (or CN label, if available) stating the amount of all creditable ingredients per serving, such as pureed fruits and vegetables, juice, yogurt, and milk (refer to “[Required Crediting Documentation](#)” in this document) and follow the guidance below.

- **Crediting pureed vegetables/fruits:** Commercial smoothies made with juice or pureed fruits/vegetables credit only as juice toward the fruits component or vegetables component. Crediting is based on the volume of fruits/vegetables after pureeing and before freezing. The product label must include a statement regarding the “percent juice content,” which is required by the FDA for beverages made with fruit/vegetable juice or puree. For example, an 8-fluid ounce smoothie made from fruit puree that is labeled with “contains 50% juice” credits as 4 fluid ounces (½ cup) of juice. SFAs may need to obtain a PFS from the manufacturer to document the amount of pureed fruit in the product. **Note:** Concentrated

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fruit puree and concentrated juice are added sugars and do not credit in smoothies unless they are reconstituted to full-strength fruit puree or full-strength juice.

- **Crediting milk:** The type of milk used as an ingredient in commercial smoothies must be consistent with the preschool meal pattern requirements (refer to “[Allowable types of milk](#)” in this document). The manufacturer’s product documentation must attest that commercial mixes with milk are made using ingredients that meet federal, state, and local definitions for fluid milk.
- **Crediting yogurt:** Yogurt and soy yogurt that meets the preschool sugar limit credits as the MMA component when used as an ingredient in commercial smoothies (refer to “[Crediting Yogurt in Smoothies](#)” in this document). The product documentation must attest that commercial mixes with yogurt are made in compliance with the federal definition for yogurt.

The addition of yogurt to a smoothie is not a substitution for fluid milk in the preschool meal patterns. Fluid milk must be offered in all meals to meet the milk component requirement.

- **Limit for crediting amount:** The total creditable amount in a smoothie cannot exceed the volume served. For example, ½ cup of a commercial smoothie cannot credit as 1 cup of juice.
- **Noncreditable commercial smoothies:** Probiotic dairy drinks, drinkable yogurt, and yogurt drinks are not smoothies, and do not credit in the preschool meal patterns. Commercial smoothies that contain dietary supplements (such as whey protein powder) or herbal supplements (such as ginkgo biloba, ginseng, and echinacea) do not credit in the preschool meal patterns.
- **Review accuracy of PFS:** Prior to including commercial smoothies in reimbursable meals, CACFP facilities must check the manufacturer’s PFS for accuracy. Check that the listed volumes of pureed fruits and vegetables are prior to freezing. Check that milk and yogurt (if included) meet the meal pattern requirements, i.e., milk is low-fat or fat-free and yogurt meets the federal definition for yogurt.

### Signage

The USDA encourages SFAs to provide information, as appropriate, that helps children understand what foods are in their meals and snacks. For example, the preschool menu could list “peach and milk smoothie” or “strawberry, yogurt, and milk smoothie.” Menu planners should also inform



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serving staff when meals include smoothies, so they are aware of how these foods contribute to the preschool meal patterns.

## Resources

Accepting Processed Product Documentation in the NSLP and SBP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Accepting\\_Processed\\_Product\\_Documentation\\_SNP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Accepting_Processed_Product_Documentation_SNP.pdf)

Calculating Sugar Limits for Yogurt in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/calculating-sugar-limits-yogurt-cacfp>

Child Nutrition (CN) Labeling Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CN\\_Labeling\\_Program.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CN_Labeling_Program.pdf)

Choose Yogurts that are Lower in Sugar – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/choose-yogurts-are-lower-sugar>

Crediting Juice for Preschoolers in the NSLP and SBP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit\\_Juice\\_SNP\\_preschool.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Juice_SNP_preschool.pdf)

Crediting Yogurt for Preschoolers in the NSLP and SBP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit\\_Yogurt\\_SNP\\_preschool.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Yogurt_SNP_preschool.pdf)

Food Buying Guide for Child Nutrition Programs (USDA):

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

Fruits Component for Preschoolers (CSDE webpage):

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

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

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

Milk Component for Preschoolers (CSDE webpage):

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

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products in Child Nutrition Programs (USDA):

[https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS\\_Meats-Meat\\_Alternates\\_Fillable\\_508.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_Fillable_508.pdf)



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Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

[https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS\\_Document\\_Total\\_Veg\\_Fruits.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Document_Total_Veg_Fruits.pdf)

Resources for the Preschool Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources\\_Preschool\\_Meal\\_Patterns.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources_Preschool_Meal_Patterns.pdf)

Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements for Meat/Meat Alternates (USDA):

[https://fns-prod.azureedge.us/sites/default/files/reviewer\\_checklist.pdf](https://fns-prod.azureedge.us/sites/default/files/reviewer_checklist.pdf)

Serving Milk in the CACFP – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/serving-milk-cacfp>

Smoothies (New England Dairy):

<https://www.newenglanddairy.com/smoothies/>

Standardized Recipe Form for School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Standardized\\_Recipe\\_Form\\_Schools.docx](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Standardized_Recipe_Form_Schools.docx)

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meal Programs, CACFP, and SFSP:

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

USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:

<https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs>

Using Product Formulation Statements in the School Nutrition Programs (CSDE):

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

Vegetable Subgroups in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Vegetable\\_Groups\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Vegetable_Groups_CACFP.pdf)

Vegetables Component for Preschoolers (CSDE webpage):

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

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For more information, refer to the CSDE's *Menu Planning Guide for Preschoolers in the NSLP and SBP* and visit the CSDE's *Meal Patterns for Preschoolers in School Nutrition Programs* webpage, or contact the school nutrition programs staff at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at [https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit\\_Smoothies\\_SNP\\_preschool.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Smoothies_SNP_preschool.pdf).

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1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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