

Crediting Yogurt 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 guide, *Menu Planning Guide for Preschoolers in the NSLP and SBP*, and visit the “Grains Component for Preschoolers” section of the CSDE’s *Meal Patterns for Preschoolers in School Nutrition Programs* webpage.



Yogurt and soy yogurt must comply with the USDA’s sugar limit 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).



Serving Size

The required serving 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. Table 1 shows the meat/meat alternates contribution for different serving sizes of yogurt.

Serving size (volume or weight)	Meat/meat alternates
1/8 cup (1 ounce)	1/4 ounce (minimum creditable amount)
1/4 cup (2 ounces)	1/2 ounce
1/2 cup (4 ounces)	1 ounce
3/4 cup (6 ounces)	1 1/2 ounces
1 cup (8 ounces)	2 ounces

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Sugar Limit for 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 2 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, refer to the handouts, training slides, and webinars in English and Spanish on the USDA’s webpages, [Calculating Sugar Limits for Yogurt in the CACFP](#) and [Choose Yogurts that are Lower in Sugar](#).

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 2. 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.			

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Fruits in Yogurt

Fruits in commercially prepared yogurt (either blended or on the bottom or top) do not credit toward the fruits component. Menu planners may credit fruits offered as a separate component, such as yogurt topped with fresh blueberries or sliced strawberries in a yogurt-fruit parfait.

Yogurt in Smoothies

Yogurt and soy yogurt that meet the preschool sugar limit may credit as the meat/meat alternates component when served in smoothies. To credit smoothies made from scratch, SFAs must have a standardized recipe that documents the amount of yogurt per serving. For example, to credit a smoothie as 1 ounce of the meat/meat alternates component, the SFA's standardized recipe must indicate that each serving contains $\frac{1}{2}$ cup of yogurt. 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 yogurt in commercial smoothies, SFAs must obtain a Child Nutrition (CN) label or product formulation statement (PFS) stating the total weight of meat/meat alternates contained in one serving of the product. Commercial smoothies cannot credit as the meat/meat alternates component without a CN label or PFS.



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 [Accepting Processed Product Documentation in the NSLP and SBP](#), and the USDA's [Tips for Evaluating a Manufacturer's Product Formulation Statement](#). For additional guidance, visit the "[Crediting Commercial Processed Products in Preschool Menus](#)" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.

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.

For more information on smoothies, refer to the CSDE's resource, [Crediting Smoothies for Preschoolers in the NSLP and SBP](#).

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Nutrition Guidance

The CSDE encourages SFAs to read labels and consider fat and sugar content when purchasing yogurt for preschool meals and snacks. The *Dietary Guidelines for Americans* recommends serving low-fat and fat-free yogurt for ages 2 and older. These types of yogurts provide the same nutrients as whole milk yogurt but contain less saturated fat and fewer calories.

Many types of yogurts are high in added sugars. For guidance on choosing yogurt with fewer added sugars, visit the USDA's [Choose Yogurts that are Lower in Sugar](#) webpage and watch the USDA's webinar, [Choose Yogurts that are Lower in Added Sugars](#).

The CSDE encourages SFAs to choose yogurts without contain nonnutritive sweeteners (such as aspartame, acesulfame potassium, sucralose, and stevia) or sugar alcohols. These products are often labeled as “light” or “lite.”

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. Homemade yogurt does not credit for food safety reasons. Yogurt-flavored products (such as yogurt bars and yogurt-covered fruit or nuts) do not meet the FDA's definition and standard of identity for yogurt, and do not credit in the preschool meal patterns.

Serving the Same Yogurt Products to Preschoolers and Grades K-12

The NSLP and SBP meal patterns for preschoolers and grades K-12 have different crediting requirements for yogurt and soy yogurt. The meal patterns for grades K-12 do not require a sugar limit. If SFAs serve the same types of yogurt and soy yogurt to grades K-12 and preschoolers, these foods must comply with the preschool sugar limit. The two exceptions to this requirement 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 on the meal pattern requirements for preschoolers and grade K-12 eating together, refer to section 1 of CSDE's guide, [Menu Planning Guide for Preschoolers in the NSLP and SBP](#), the “[Serving the Same Menu to Preschoolers and Grades K-12](#)” section of the CSDE's [Meal](#)

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Patterns for Preschoolers in School Nutrition Programs webpage, and USDA Memo SP 37-2017: *Flexibility for Co-Mingled Preschool Meals: Questions and Answers*. For information on the differences between the meal patterns for preschoolers and grades K-12, refer to the CSDE's resource, *Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP*.

Resources

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

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

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>

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/Comparison_Preschool_Grades_K-12_SNP.pdf

Crediting Smoothies for Preschoolers in the NSLP and SBP:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Smoothies_SNP_preschool.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>

Meat/Meat Alternates Component for Preschoolers (CSDE webpage):

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

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

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Menu_Planning_Guide_Preschool.pdf

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

Resources for the Preschool Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources_Preschool_Meal_Patterns.pdf

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Standardized Recipe Form for School Nutrition Programs:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Standardized_Recipe_Form_Schools.docx

Standardized Recipes (Documents/Forms section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

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 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>

USDA Memo SP 53-2016 and CACFP 21-2016: Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the CACFP:

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

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

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Product_Formulation_Statements.pdf

What's in a Meal Module 6: Meal Pattern Documentation (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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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_Yogurt_SNP_preschool.pdf.

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