

# 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 National School Lunch Program and School Breakfast Program*, and visit the “Grains Component for Preschoolers” section of the CSDE’s *Meal Patterns for Preschoolers in School Nutrition Programs* webpage.



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# Crediting Yogurt for Preschoolers in the NSLP and SBP

## Overview of Crediting Requirements

Commercial yogurt and soy yogurt that meet the USDA’s sugar limit credit as meat alternates toward the meat/meat alternates (MMA) component of the preschool meal patterns (refer to “[Sugar Limit for Yogurt](#)” in this document). 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 MMA component in the preschool meal patterns. Table 1 shows the meal pattern contribution for different serving sizes of yogurt.



Serving size (volume or weight)	MMA contribution
1/8 cup (1 ounce)	1/4 ounce (minimum creditable amount)
1/4 cup (2 ounces)	1/2 ounce
<b>1/2 cup (4 ounces)</b>	<b>1 ounce</b>
3/4 cup (6 ounces)	1 1/2 ounces
1 cup (8 ounces)	2 ounces

### Nutrition guidance

The CSDE encourages school food authorities (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 yogurt 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 nonnutritive sweeteners (such as aspartame, acesulfame potassium, sucralose, and stevia) or sugar alcohols. These products are often labeled as “light” or “lite.”

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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 preschool 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](#).

<b>Nutrition Facts</b>	
<b>Serving Size: 5.3 oz. container (113 g)</b>	
<b>Servig per Container: about 1</b>	
Amount Per Serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 0 g	0%
Saturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 40mg	2%
<b>Potassium</b> 190mg	6%
<b>Total Carbohydrates</b> 15g	5%
Dietary Fiber 0g 0%	
<b>Sugars</b> 13g	
Including 0g Added Sugars	
<b>Protein</b> 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 meets the preschool sugar limit may credit as the MMA 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 MMA 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 amount of yogurt (cups or weight) contained in one serving of the product. Commercial smoothies cannot credit as the MMA component without a CN label or PFS.

For information on CN labels and PFS forms, refer to the CSDE's resources [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#), [Using Product Formulation Statements in the School Nutrition Programs](#), and [Accepting Processed Product Documentation in the National School Lunch Program and School Breakfast Program](#), 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 National School Lunch Program and School Breakfast Program](#).

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## 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 grades K-12 do not require a sugar limit. When 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 unless the meals are co-mingled. "Co-mingling" is the practice of serving meals to a variety of grades (such as preschoolers and grades K-5) in the same service area at the same time. When co-mingling occurs, the meal pattern of the older grades may be used for preschoolers. For example, when preschoolers and grades K-5 eat lunch or breakfast in the same service area at the same time, SFAs may choose to follow the K-5 meal pattern for both groups.

For more information on the criteria for co-mingled meals, refer to section 1 of the CSDE's [Menu Planning Guide for Preschoolers in the National School Lunch Program and School Breakfast Program](#) and the "Preschoolers Eating with Other Grades (Co-mingled Meals)" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage. Training on co-mingled meals is available in "Module 2: Introduction to Preschool Meal Patterns" of the CSDE's [Preschool Meal Pattern Training for the School Nutrition Programs](#).

For more information on the differences between the meal patterns for preschoolers and grades K-12, refer to the CSDE's resources, [Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the National School Lunch Program and School Breakfast Program](#) and [Comparison of ASP Meal Pattern Requirements for Preschoolers and Grades K-12](#), and "Module 3: Meal Pattern Comparison of Preschool and Grades K-12" of the CSDE's [Preschool Meal Pattern Training for the School Nutrition Programs](#).

# Crediting Yogurt for Preschoolers 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>

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

[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)

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-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 National School Lunch Program and School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Menu\\_Planning\\_Guide\\_Preschool.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Menu_Planning_Guide_Preschool.pdf)

Preschoolers Eating with Other Grades (Co-mingling) (CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

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)

Standardized Recipe Form for School Nutrition Programs:

[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)

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>

## Crediting Yogurt for Preschoolers in the NSLP and SBP

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 Child Nutrition (CN) Labels in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CN\\_Labels\\_SNP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CN_Labels_SNP.pdf)

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

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Product\\_Formulation\\_Statements.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Product_Formulation_Statements.pdf)

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For more information, refer to the CSDE's *Menu Planning Guide for Preschoolers in the National School Lunch Program and School Breakfast Program* 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](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Yogurt_SNP_preschool.pdf).

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3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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