

CREDITING YOGURT AS A MEAT ALTERNATE IN THE
CHILD NUTRITION PROGRAMS

PURPOSE: This instruction sets forth the regulation that allows the crediting of yogurt as a meat alternate in the Child and Adult Care Food Program (CACFP).

SCOPE: All Child Nutrition Programs

DESCRIPTION: The USDA is amending the regulations governing the meal pattern to allow yogurt to be credited as a meat alternate for all meals. This regulation permits additional meat alternates and provides food service operations with greater flexibility in planning and preparing meals using low-fat meat alternates.

Yogurt means commercially prepared coagulated milk products obtained by the fermentation or specific bacteria, that meet milk fat or milk solid requirements and to which flavoring foods or ingredients may be added.

Yogurt may be used to meet all or part of the meat/meat alternate requirement for meals. Yogurt served may be plain or flavored, unsweetened or sweetened. Noncommercial and/or non-standardized yogurt products, such as frozen yogurt, homemade yogurt, yogurt flavored products, yogurt bars, yogurt-covered fruit and/or nuts or similar products may not be credited. Four ounces (weight) or 1/2 cup (volume) of yogurt fulfills the equivalent of one-ounce of the meat/meat alternate requirement in the meal pattern.

	1-2 years old	3-5 years old	6-12 years old
Lunch or Supper	4 ounces or 1/2 cup yogurt	6 ounces or 3/4 cup yogurt	8 ounces or 1 cup yogurt
Supplement	2 ounces or 1/4 cup yogurt	2 ounces or 1/4 cup yogurt	4 ounces or 1/2 cup yogurt

This policy became effective April 7, 1997.

SOURCE: USDA Regulation 7CFR Parts 210, 220, 225, and 226