

# Crediting Yogurt in the School Nutrition Programs

**School Year 2025-26 (July 1, 2025, through June 30, 2026)**

This guidance applies to the U.S. Department of Agriculture’s (USDA) meal patterns for grades K-12 and preschool (ages 1-5) in the [National School Lunch Program \(NSLP\)](#), [School Breakfast Program \(SBP\)](#), and [Afterschool Snack Program \(ASP\)](#) of the NSLP. The [Seamless Summer Option \(SSO\)](#) of the NSLP follows the NSLP, SBP, and ASP meal patterns.

For information on the meal patterns for the school nutrition programs, visit the Connecticut State Department of Education’s (CSDE) [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage, [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage, and the “[Meal Patterns and Crediting](#)” section of the ASP webpage. For information on the crediting requirements, visit the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage.



## Contents

Overview of Crediting Requirements .....	2
Serving size.....	2
Table 1. Meal pattern contribution of yogurt.....	2
Nutrition guidance .....	2
Limit for Added Sugars .....	3
Methods to Determine Added Sugars .....	3
Method 1: USDA’s added sugars limit chart .....	3
Method 2: Calculation of grams of sugars per serving .....	3
Steps for serving size in ounces .....	4
Steps for serving size in grams .....	5
Fruits in Yogurt.....	5
Yogurt in Smoothies.....	5
Crediting commercial smoothies .....	6
Crediting yogurt in smoothies made from scratch.....	6
Storing crediting documentation.....	7
Yogurt Does Not Substitute for Milk at Breakfast and Lunch.....	7
Noncreditable Yogurt .....	7
Resources.....	8

# Crediting Yogurt in the School Nutrition Programs

## Overview of Crediting Requirements

Commercial yogurts and soy yogurts that meet the USDA’s limit for added sugars credit toward the meats/meat alternates (MMA) component of the meal patterns for the school nutrition programs. 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 equivalent (oz eq) of the MMA component. Table 1 shows the meal pattern contribution for different serving sizes of yogurt.

**Table 1. Meal pattern contribution of yogurt**

Serving size (volume or weight)	MMA contribution
⅛ cup or 1 ounce	¼ oz eq (minimum creditable amount)
¼ cup or 2 ounces	½ oz eq
<b>½ cup or 4 ounces</b>	<b>1 oz eq</b>
¾ cup or 6 ounces	1½ oz eq
1 cup or 8 ounces	2 oz eq

### Nutrition guidance

The CSDE encourages school food authorities (SFAs) to read labels and consider fat content when purchasing yogurts for reimbursable meals and afterschool 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.

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

# Crediting Yogurt in the School Nutrition Programs

## Limit for Added Sugars

Effective July 1, 2025, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), requires a limit for added sugars in yogurt and soy yogurt. This limit applies to all school nutrition programs and grade groups (preschool and grade K-12).

Yogurt and soy yogurt cannot exceed 12 grams of added sugars per 6 ounces (no more than 2 grams of added sugars per ounce).

## Methods to Determine Added Sugars

SFAs may use any of the methods below to determine if breakfast cereals meet the limit for added sugars.

### Method 1: USDA's added sugars limit chart

Serving sizes for yogurt (in ounces and grams) and the corresponding limit for grams of added sugars per serving are provided in the Institute of Child Nutrition's resource for the meal patterns for grades K-12, [Nutrition Standards for Added Sugars: Yogurt Fact Sheet](#), and the USDA's resource for the preschool meal patterns, [Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program](#). SFAs may use these charts to compare the added sugars per serving in the Nutrition Facts label with the added sugars limit for the specific serving size of yogurt.

### Method 2: Calculation of grams of sugars per serving

The steps below show how to use the use the Nutrition Facts panel to calculate the grams of added sugars per serving based on the ounces or grams of the yogurt's serving size. SFAs may use either calculation method to document that yogurt meets the added sugars limit.

# Crediting Yogurt in the School Nutrition Programs

## Steps for serving size in ounces

A product meets the limit for added sugars if it does not exceed 2 grams of added sugars per ounce.

- List the grams (g) of added sugars per serving from the Nutrition Facts label.
  - 12 grams
- List the serving size in ounces (oz) from the Nutrition Facts label.
  - 5.3 ounces
- Divide the grams of added sugars per serving (from step 1) by the ounces of the serving size (from step 2).
  - 12 grams divided by 5.3 ounces = **2.25 grams** of added sugars per ounce
- Does serving meet the limit of no more than 2 grams of added sugars per ounce?
  - Yes
  - No: This yogurt does not meet the limit for added sugars.

Nutrition Facts	
Serving Size: 5.3 oz. container (150 g)	
Servings per container: 1	
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 2 g	3%
Saturated Fat 1g	5%
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 90mg	4%
<b>Total Carbohydrates</b> 20g	7%
Dietary Fiber 0g	0%
Total Sugars 15g	
Added Sugars 12 g	24%
<b>Protein</b> 5 g	10%

# Crediting Yogurt in the School Nutrition Programs

## Steps for serving size in grams

Yogurt meets the limit for added sugars if it does not exceed 0.0702 grams of added sugars per gram of yogurt. This is the gram equivalent of no more than 2 grams of added sugars per ounce (28.35 grams).

1. List the grams (g) of added sugars per serving from the Nutrition Facts label.
  - 12 grams
2. List the serving size in grams from the Nutrition Facts label.
  - 150 grams
3. Divide the grams of added sugars per serving (from step 1) by the grams of the serving size (from step 2).
  - 12 grams divided by 150 grams = **0.08 grams** of added sugars per gram of yogurt
4. Does serving meet the limit of no more than 0.0702 gram of added sugars per gram of yogurt?
  - Yes
  - No: This yogurt does not meet the limit for added sugars.

Nutrition Facts	
Serving Size: 1 container (150 g)	
Servings per container: 1	
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 2 g	3%
Saturated Fat 1g	5%
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 90mg	4%
<b>Total Carbohydrates</b> 20g	7%
Dietary Fiber 0g	0%
Total Sugars 15g	
Added Sugars 12 g	24%
<b>Protein</b> 5 g	10%

This yogurt does not meet the limit for added sugars.

## 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 meal 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 limit for added sugars may credit toward the MMA component when used as an ingredient in smoothies (refer to “[Limit for Added Sugars](#)” in this document).

## Crediting Yogurt in the School Nutrition Programs

### Crediting commercial smoothies

Commercial smoothies require a Child Nutrition (CN) label (which might be available for some brands of commercial smoothies that contain yogurt) or product formulation statement (PFS) stating the total amount (cups or weight) of yogurt contained in one serving of the product and verifying that the yogurt meets the limit for added sugars.

Commercial smoothies without a CN label or PFS do not credit in the school nutrition programs. For more information on CN labels, refer to the CSDE's resources, [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#) and [Using Product Formulation Statements in the School Nutrition Programs](#).

A PFS is required for all commercial smoothies without a CN label. The USDA requires that SFAs must verify the PFS for accuracy prior to purchasing, serving, and claiming a commercial product in reimbursable meals and afterschool snacks.

For more information on crediting documentation, refer to the CSDE's resources, [Accepting Processed Product Documentation in the School Nutrition Programs](#), [USDA Memo SP 05-2025, CACFP 04-2025, SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements](#), and the USDA's resource, [Tips for Evaluating a Manufacturer's Product Formulation Statement](#).

Additional guidance is available on the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage. Training on the requirements for CN labels and PFS forms is available in Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products of the CSDE's training program, [What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs](#)<sup>12</sup>.

### Crediting yogurt in 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 oz eq of the MMA component, the SFA's standardized recipe must indicate that each serving contains ½ cup of yogurt.

For information on standardized recipes, refer to the CSDE's [Guide to Menu Documentation for the School Nutrition Programs](#) and visit the "Standardized Recipes" section of the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage.

## Crediting Yogurt in the School Nutrition Programs

### Storing crediting documentation

SFAs must maintain all crediting documentation on file in accordance with the records retention requirements for the school nutrition programs (refer to the CSDE's [Records Retention Requirements for the School Nutrition Programs](#)). This documentation must be current and will be reviewed by the CSDE during the [Administrative Review](#) of the school nutrition programs.

### Yogurt Does Not Substitute for Milk at Breakfast and Lunch

The addition of yogurt to a smoothie is not a substitution for fluid milk in the breakfast and lunch meal patterns for the school nutrition programs. Fluid milk must be offered in all meals to meet the milk component requirement.

- **Breakfast and lunch meal patterns for grades K-12:** SFAs must offer a variety (at least two different choices) of low-fat or fat-free milk and at least one choice must be unflavored.
- **Preschool breakfast and lunch meal patterns:** SFAs must offer unflavored whole milk for age 1 and unflavored low-fat or fat-free milk for ages 2-5.

Milk is not required at snack but may be offered as one of the two required meal components. A variety of milk is not required for the ASP. When the afterschool snack meal pattern includes milk, SFAs may offer one choice of low-fat or fat-free milk, either unflavored or flavored.

For more information, visit the "[Milk](#)" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

### Noncreditable Yogurt

Drinkable or squeezable yogurt and frozen yogurt do not credit in reimbursable meals and afterschool snacks. 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 credit because they do not meet the FDA's definition and standard of identity for yogurt.

# Crediting Yogurt in the School Nutrition Programs

## Resources

Accepting Processed Product Documentation in the School Nutrition Programs (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)

Accepting Product Documentation (CSDE's Crediting Documentation for the Child Nutrition Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/accepting-product-documentation>

Calculating the Added Sugars Limit for Yogurt in the Child and Adult Care Food Program (USDA):

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

Choose Yogurt That is Lower in Added Sugars in the Child and Adult Care Food Program (USDA):

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

Crediting Smoothies in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_smoothies\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_smoothies_snp.pdf)

Food Buying Guide for Child Nutrition Programs (USDA):

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

Meats and Meat Alternates (CSDE's Crediting Foods in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/meats-and-meat-alternates>

Nutrition Standards for Added Sugars: Yogurt Fact Sheet (USDA):

<https://theicn.org/resources/2582/sugar-reduction-for-schools-fact-sheets/127720/nutrition-standards-for-added-sugars-overview-fact-sheet.pdf>

Product Formulation Statements (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/product-formulation-statements>

Standardized Recipes (CSDE's Crediting Documentation for the Child Nutrition Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/standardized-recipes>

## Crediting Yogurt in the School Nutrition Programs

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

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

USDA Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans (89 FR 31962):

<https://www.federalregister.gov/documents/2024/04/25/2024-08098/child-nutrition-programs-meal-patterns-consistent-with-the-2020-2025-dietary-guidelines-for>

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>

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)

What's in a Meal Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs12):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

## Crediting Yogurt in the School Nutrition Programs

For more information, visit the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage or contact the [school nutrition programs staff](#) at the Connecticut State 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.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_yogurt_snp.pdf).

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto: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 race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, 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: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email [louis.todisco@ct.gov](mailto:louis.todisco@ct.gov).

