

	MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES CHILD AND ADULT CARE FOOD PROGRAM		ISSUED	REVISED	CHAPTER	SECTION
	Sponsoring Organizations of Homes POLICY & PROCEDURE MANUAL		11/17/97	6/12	10	10.10
CHAPTER Chapter 10. Meal Pattern			SUBJECT Crediting Yogurt			

Yogurt may be used to meet all or part of the meat/meat alternate requirement. Yogurt can be credited as a meat/meat alternate for lunch or supper, and snacks. To be credited, yogurt served may be either plain or flavored, unsweetened or sweetened. Four ounces (weight) or ½ cup (volume) of yogurt fulfills the equivalent of one ounce of meat/mate alternate requirement in the meal pattern.

Noncommercial and/or nonstandardized yogurt products such as frozen yogurt, homemade yogurt, yogurt flavored products, yogurt bars, yogurt covered fruit and/or nuts, or similar products cannot be credited.

The following amounts of yogurt, plain or flavored, unsweetened or sweetened, will meet the complete meal pattern requirement for meat/meat alternate for children age 1 through 12 for lunch or supper.

Age 1 and 2  
4 oz. or ½ cup

Age 3 through 5  
6 oz. or ¾ cup

Age 6 through 12  
8 oz. or 1 cup