

Arizona CACFP Creditable Yogurt List

The following is a list of creditable yogurts for the CACFP meal pattern. These yogurts contain less than or equal to 23 grams of sugar per 6 ounces.

This list is not all-inclusive or intended to endorse a specific brand

Yogurt, plain flavored unsweetened or sweetened:	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Serving Size:	½ cup or 4 oz	¾ cup or 6 oz	1 cup or 8oz	1 cup or 8oz

4 ounce serving Cups

Trix, 4 oz Container

Strawberry Banana, Lowfat
20 g sugar per 6 oz

Activia 4 oz Container

Strawberry, Fat-free
20 g sugar per 6 oz

Yoplait Kids 4 oz Container

Strawberry, lowfat
17 g sugar per 6 oz

6 oz serving Cups

Great Value, 6 oz Container

Strawberry, Nonfat
11 g sugar per 6 oz

Yoplait, 6 oz Container

Strawberry, Original
18 g sugar per 6 oz
Plain, Original
10 g sugar per 6 oz

Stonyfield, 6 oz Container

Strawberry, Lowfat
21 g sugar per 6 oz
French Vanilla, Lowfat
21 g sugar per 6 oz

24 oz Containers

Siggi's, 24 oz Container

Plain, Non-Fat
4 g sugar per 6 oz
Vanilla, Non-Fat
11 g sugar per 6 oz

Kroger, 24 oz Container

Vanilla, Greek, Non-Fat
9 g sugar per 6 oz

Did You Know: Calcium plays a role in helping the heart to contract? Yogurt is a good source of calcium!

32 oz Containers

Dannon Original, 32 oz Container

Plain, Lowfat
12 g sugar per 6 oz
Vanilla, Lowfat
19 g sugar per 6 oz

Dannon Light & Fit, 32 oz Container

Plain, Greek, Non-Fat
7 g sugar per 6 oz
Strawberry, Non-Fat
9 g sugar per 6 oz

Great Value (Walmart Store Brand), 32 oz Container

Vanilla, Greek, Non-Fat
8 g sugar per 6 oz
Plain, Greek, Non-Fat
6 g sugar, Non-Fat

Market Pantry (Target Store Brand), 32 oz Container

Vanilla, Nonfat
6 g sugar per 6 oz

Chobani Greek Yogurt, 32 oz Container

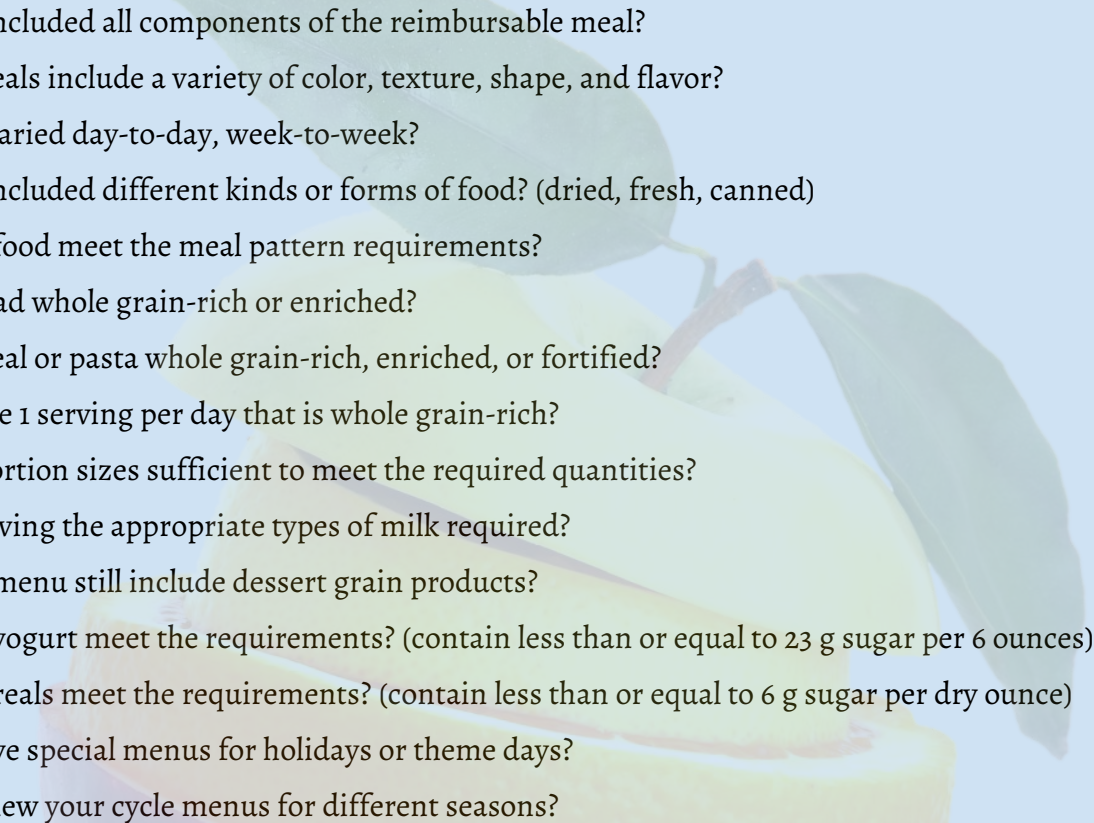
Plain, Greek, Nonfat
4.5 g sugar per 6 oz

Stonyfield Greek Yogurt, 32 oz Container

Plain, Greek, Nonfat
6.75 g sugar per 6 oz

MENU CHECKLIST

Use this checklist as a reminder when planning menus. Locate any areas that you will need to change in your current menu to meet the new requirements. Remember, menus must meet the Child and Adult Care Food Program Meal Requirements in order to be reimbursed for those meals or snacks.

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- Have you included all components of the reimbursable meal?
 - Do your meals include a variety of color, texture, shape, and flavor?
 - Are foods varied day-to-day, week-to-week?
 - Have you included different kinds or forms of food? (dried, fresh, canned)
 - Does your food meet the meal pattern requirements?
 - Is your bread whole grain-rich or enriched?
 - Is your cereal or pasta whole grain-rich, enriched, or fortified?
 - Do you have 1 serving per day that is whole grain-rich?
 - Are your portion sizes sufficient to meet the required quantities?
 - Are you serving the appropriate types of milk required?
 - Does your menu still include dessert grain products?
 - Does your yogurt meet the requirements? (contain less than or equal to 23 g sugar per 6 ounces)
 - Do your cereals meet the requirements? (contain less than or equal to 6 g sugar per dry ounce)
 - Do you serve special menus for holidays or theme days?
 - Do you review your cycle menus for different seasons?

TIPS AND REMINDERS

- Ready-to-eat breakfast cereal serving sizes are specified between flakes or rounds, puffed cereal, and granola.
- At least one serving per day must be whole grain-rich. Whole grain-rich means that the serving/item is at least 51% whole grain.
- Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times per week for breakfast. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
- Tofu, soy products, or alternate protein products are now considered meat alternatives.*
- A vegetable may be used to meet the entire fruit requirement. If so, two different kinds of vegetables must be served.
- Full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day. Infants cannot be served any juice as per CACFP requirements.
- Grain-based desserts no longer meet the requirements for CACFP.

** Some tofu and soy products are not creditable. Ask a state representative for details*

Arizona CACFP Creditable Cereal List

Included in this list are creditable cereals able to be included in the CACFP meal pattern.

These cereals contain less than or equal to 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

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Kelloggs

**Measurements of sugar are per dry ounce.*

Corn Flakes <i>3 g sugar</i>	Frosted Mini Wheat (Chocolate only) <i>6 g sugar</i>	Special K <i>3.6 g sugar</i>
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General Mills

Chex (Corn, Rice, Wheat, Multi-bran, Multi-grain) <i>0 - 6 g sugar</i>	Kix (Regular) <i>2.3 g sugar</i>	Total (Plain) <i>4.8 g sugar</i>	Wheaties <i>4 g sugar</i>
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Post

Honey Bunches of Oats (Almond, Cinnamon, Honey Roasted) <i>5.3 - 5.7 g sugar</i>	Great Grains varieties <i>4.4 - 6 g sugar</i>	Shredded Wheat (Mini and Regular) <i>0 - 1 g sugar</i>	Alpha Bits <i>5.7 g sugar</i>
Malt-O-Meal <i>0 g sugar</i>	Banana Nut Crunch <i>5.4 g sugar</i>	Grape Nuts/Flakes <i>2.4 - 4 g sugar</i>	Toasty O's <i>1.2 g sugar</i>

Quaker Oats

Quaker Oat Squares <i>4.6 g sugar</i>	Quick Oats <i>1.5 g sugar</i>	Quick Grits <i>0 g sugar</i>	Life Original Multi-Grain <i>5.3 g sugar</i>
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Miscellaneous

Ralston Whole Wheat Hot Cereal <i>0 g of sugar</i>	Puffed Rice - Any Brand <i>3.5 g sugar</i>	Toasted Oats - Any Brand <i>2 g sugar</i>	Uncle Sam Cereal <i>0.4 g sugar</i>
Weetabix <i>1.7 g sugar</i>	Wheatena <i>0 g sugar</i>	Puffed Wheat - Any Brand <i>0 g sugar</i>	Oatmeal, Instant - Plain <i>0.2 g sugar</i>