

# APPROVED PRODUCTS

Commercially Prepared Products such as Chicken Nuggets, Corn Dogs, Etc. Are not Reimbursable for Infants under 1 Year

## Yogurt

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

Easy to find, just follow these steps.

**1** Use the Nutrition Facts Label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.

**2** Find the Sugars line. Look at the number of grams (g) next to Sugars.

**3** Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings about 4	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Potassium</b> 400mg	<b>1%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 4g	<b>17%</b>
<b>Sugars</b> 9g	
<b>Protein</b> 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

**4** In the table, look at the number to the right of the serving size amount, under the "Sugars" column.  
If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

## Tofu

2.2 oz of tofu = 1 oz eq. Each 2.2 ounce serving must contain at least 5 grams of protein in order to be credible. Tofu comes in several different forms such as silken, soft, firm, and extra firm. Soft tofu is great for making a tofu scramble because the texture is much like scrambled eggs, whereas the extra firm tofu is better for dishes like stir fry because the texture is more dense and can hold its shape whether sautéed, baked or steamed. When serving tofu at a reimbursable meal, it has to be easily recognizable by children as part of the protein food group. What this means is that you can serve it in a stir fry, as an omelet or scramble, as the filling for a taco, or in a stew where the cubes/crumbles of tofu are visibly taking place of meat. Tofu will not be credible when it is puréed into a smoothie or any other dish or, for example, when it's in the shape of a noodle where it would look like part of the bread/grain food group.



## Processed Foods

### Chicken Nuggets

Yummy Breast Wheels & Alpha Buddies



Tyson GF & WG Chunks - Naturals



### Fish Sticks

Trident Ultimate



### Chicken Corn Dogs

Foster Farms

(Last five Digits on bar code 95024)



## Soy Milk

Lucerne (Original Flavor)

Pacific (Original Flavor)

8th Continent (Original Flavor)

Silk (Original Flavor)

Kikkoman Pearl Organic (Original)

Kirkland Signature Organic (Plain)



For more resources please visit:

<https://www.fns.usda.gov/tn/CACFP-Meal-Pattern-Training-Tools>

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