

01/04/2026

In accordance with the USDA Food and Nutrition Service regulations, Child Nutrition Labeling for Non-meat Products, a 4 oz serving of the following products equals one equivalent meat alternate; each 8 oz serving equals two equivalent meats alternate.

- Yami Lowfat Lactose-Free, Gelatin-Free Yogurt (4 oz cup)
- Yami Lowfat Lactose-Free Yogurt (6 oz cup, 32 oz cup)
- Zoi Nonfat Plain Yogurt (32 oz cup)
- Zoi Plain Yogurt (32 oz cup)
- Zoi Vanilla Yogurt (6 oz cup, 32 oz cup)

The following CFR citation is provided for reference:

**7 CFR Part 226.20 Food and Nutrition Service, USDA
226.20 Requirements for Meals.**

(C) Yogurt may be used to meet all or part of the meat/meat alternate requirement.

Yogurt served may be either plain or flavored, unsweetened or sweetened. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). Noncommercial and/or non-standardized yogurt products, such as frozen yogurt, drinkable yogurt products, homemade yogurt, yogurt flavor products, yogurt bars, yogurt covered fruit and/or nuts or similar products shall not be credited.

Four ounces (weight) or ½ cup (volume) of yogurt fulfills the equivalent of one meat/meat alternate requirement in the meal plan.

I certify that above listed SKUs produced by Auburn Dairy Products meet the requirements of a standardized yogurt as defined by 21 CFR 131.200.

You may contact me if you have any questions regarding this information.

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