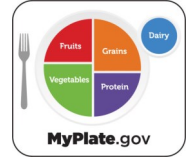## USDA Foods in Schools

### 110400 - Yogurt, High Protein, Blueberry, Nonfat
### Category: Meat/Meat Alternate

MyPlate.gov

## Product Description

- This item is a nonfat high protein yogurt that is blueberry flavor and is blended. This yogurt is delivered refrigerated and is offered in cases containing twenty-four 4-ounce cups. This product is required to contain a commercial Kosher certification, with approved symbols identified in the specification.

## Crediting/Yield

- One case yields 24 ounce-equivalent servings of Meat/Meat Alternate.

- CN Crediting: One 4-ounce cup of yogurt credits as 1 ounce-equivalent Meat/Meat Alternate.

## Culinary Tips and Recipes

- Serve yogurt as a Meat Alternate at breakfast, lunch, or afterschool snack.
- Offer frozen blueberries, granola or other toppings so children can add mix-ins to the yogurt.
- For culinary techniques and recipe ideas, visit the Institute of Child Nutrition or USDA's Team Nutrition.

## Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles.

Visit us at www.fns.usda.gov/usda-fis

## Nutrition Facts

Serving size: 4 ounce cup (113 g) blueberry yogurt

| Amount Per Serving | |
| --- | --- |
| **Calories** 90 | |
| **Total Fat** 0g | |
| Saturated Fat 0g | |
| *Trans* Fat 0g | |
| **Cholesterol** 6mg | |
| **Sodium** 45mg | |
| **Total Carbohydrate** 16g | |
| Dietary Fiber 0g | |
| Sugars 12g | |
| Includes 8g Added Sugars | |
| **Protein** 9g | |

Source: USDA Foods Vendor Labels

**Allergen Information:** Please refer to the allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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