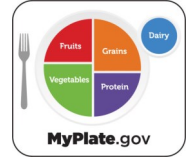




USDA Foods in Schools

110402 - Yogurt, High Protein, Vanilla, Nonfat
Category: **Meat/Meat Alternate**



Product Description

- This item is a nonfat vanilla high protein yogurt. 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 fruit or granola to children to add their own toppings 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) vanilla yogurt

Amount Per Serving

Calories 87

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 5mg

Sodium 45mg

Total Carbohydrate 14g

Dietary Fiber 0g

Sugars 11g

Includes 8g Added Sugars

Protein 10g

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.