

# Crediting Smoothies in the School Breakfast Program (SBP) & National School Lunch Program (NSLP)

## *In a Nutshell*



The guidelines below apply to smoothies prepared in-house or commercially.

### Creditable Components

- **Fruits or Vegetables**
  - Creditable amount = volume after pureeing and before freezing
  - Minimum creditable amount = 1/8 cup
  - Credit as juice
    - Subject to the juice limit: no more than 50% of the weekly fruit or vegetable offerings may be in the form of juice.
  - If commercially prepared:
    - Manufacturer must provide a Child Nutrition (CN) Label or Product Formulation Statement (PFS) to document the amount of fruit or vegetable in the product
    - Alternately, label must contain a percent juice content
      - For example, an 8 fluid ounce smoothie made from fruit puree with the juice content labeled as “contains 50% juice” credits as 4 fluid ounces or ½ cup juice.
      - Smoothies with less than 100% juice content are the only instance when less than 100% juice may be offered for meeting federal meal requirements.
- **Meat/Meat Alternates**
  - Yogurt (dairy or soy) is the only creditable M/MA in smoothies
    - 4 ounces by weight or ½ cup = 1 ounce equivalent M/MA
  - Minimum creditable amount = 0.25 ounce equivalents
  - If commercially prepared, manufacturer must provide CN Label or PFS to document the amount of M/MA in the product
- **Milk**
  - Allowable milk types: fat-free flavored or unflavored; low-fat flavored or unflavored
  - Minimum creditable amount of milk in a smoothie = ¼ cup
  - At least one other milk type besides the milk type in the smoothie must be offered on the line
  - If commercially prepared, manufacturer must provide CN Label or PFS to document the amount of milk in the product

### Non-Creditable Components

- **Grains**
  - While not creditable, ingredients like oats can be included in smoothies for consistency and flavor.
- **Meat/Meat Alternates other than yogurt**
  - While not creditable, ingredients like peanut butter can be included for consistency and flavor.

See [SP40-2019](https://www.fns.usda.gov/school-meals/smoothies-offered-child-nutrition-programs) (<https://www.fns.usda.gov/school-meals/smoothies-offered-child-nutrition-programs>) for a full Q&A on smoothies in the Child Nutrition Programs.

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