CACFP operators may use tofu and soy products to meet all or part of the meat/meat alternates component for child and adult meals only.

Tofu products must meet these three requirements to be creditable.

**COMMERCIAL PREPARED**

Tofu and soy products must be commercially prepared.

Non-commercial or non-standardized tofu and soy products are not creditable.

**EASILY RECOGNIZED AS A MEAT SUBSTITUTE**

Some creditable examples include:

- Tofu sausages
- Tofu cubes in a stir-fry
- Tofu pieces in a salad
- Tofu omelets

**FIVE GRAMS OF PROTEIN**

Tofu and soy yogurt must contain:

5 grams of protein per 2.2 ounces (¼ cup) to equal 1 ounce of the meat/meat alternate

Unprocessed tofu only:
Use the Nutrition Facts Label for locating creditable products.

Processed tofu (e.g., links and patties):
Request the product be manufactured under the Child Nutrition Labeling Program, Product Formulation Statements.

Tofu is NOT CREDITABLE for infant meals.

For additional information, refer to the CACFP Policy Memo: SP 53–2016, CACFP21–2016, Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the Child and Adult Care Food Program.