



## CACFP Credible Meat/Meat Alternate Serving Chart

Based on: 3 oz serving provides 1.25 oz of credible Meat/Meat Alternate

<b>Age Group</b>	<b>Meat/Meat Alt Requirement</b>	<b>MIN Required Serving Size</b>
1-2 years	1.0 oz	2.4 oz
3-5 years	1.5 oz	3.6 oz
6-12 years	2.0 oz	4.8 oz
13-18 years	2.0 oz	4.8 oz

Costco



House Foods America Corporation

**Product Name:** Organic Tofu Firm 16oz

**Product Code:** 01264

**Serving Size:** 3 oz

**Date:** 9/8/2025

**Meat Alternate**

Description of Creditable Ingredients per FBG	Ounce per Raw Portion of Creditable Ingredient (A)	FBG Yield (B)	Purchase Unit (C)	Creditable Amount (A x B / C)
Tofu, Commercially-prepared; 2.2 ounces (or 1/4 cup), containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent meat alternate (37 grams of protein per pound)., or 2.2 oz by weight provides 1 oz meat alternate	3.00 oz	7.28	16.00 oz	<b>1.3650 oz</b>
<b>Total Meat Alternate Creditable Amount:</b>				<b>1.3650 oz</b>

**Meal Pattern Contribution Statement**

I certify that the above information is true and correct and that a **3 oz** ounce serving of the above product (ready for serving) provides **1.25** ounces of equivalent meat/meat alternate when prepared according to directions.

*Jumpei Ogawa*

Signature

QA West Senior Manager

Title

Jumpei Ogawa

Printed Name

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