

Meat/Meat Alternate Shopping Guide

Little Sprouts Learning

Creditable yogurts:

AE Whole milk yogurt, all flavors

Annie's, all flavors

Brown Cow Apricot-Mango, Lemon, Maple & Vanilla Flavors

Chobani Fruit on the Bottom, Blended, & Smooth All flavors

Danimals Nonfat All flavors

Dannon Whole Milk & Creamy All flavors except coffee and low-fat vanilla

Dannon Oikos Greek Whole Milk & Nonfat All flavors

Happy Tot & Happy Baby Yogurt Cups All flavors

siggi's Cups All flavors

Stonyfield Fruit on the Bottom, Grass-fed, Greek, Smooth & Creamy All flavors

Stonyfield Kids & Yo Baby Cups, All flavors

Yoplait Original, Lactose Free & Whips All flavors except sea salt caramel

Yoplait Kid Cups All flavors/characters

Yoplait Trix All flavors

Silk Soy Yogurt All flavors

Stonyfield Soy Yogurt Vanilla flavor only

Aldi Friendly Farms Greek Fruit on the Bottom, Greek Traditional, Moo Tubes & Original Low Fat Simply Nature Whole Milk All flavors

Cub Essential Everyday Blended & Greek All flavors except honey salted caramel

HyVee Greek, Greek Fruit on the Bottom All flavors except honey salted caramel

Target Simply Balanced Greek, Blended Greek All flavors

Walmart Great Value Greek & Original All flavors except mixed berry

Any brand of PLAIN regular yogurt or PLAIN Greek yogurt is creditable.

Other Meat/Meat Alternates

Eggs

Tofu

Nuts and nut, soy and seed butters

Cheese, cottage cheese and ricotta cheese

Any kind of beans

Beef

Pork

Veal

Sausage

Chicken

Turkey

Real Ham

Fish

Seafood

Frankfurters

Buffalo

Goat

Ostrich

Venison

Lamb