



# Creditable and Non-Creditable Cheese

This handout provides information on creditable and non-creditable cheeses and amounts of creditable cheese that must be served to credit towards the meat/meat alternate component of the CACFP meal pattern.

## Creditable Cheese

Types of cheese in the list below are creditable and may be served as a meat/meat alternate in a CACFP meal or snack.

Type	Examples of How Products May Be Labeled	Crediting Information
<b>Natural Cheese</b>	American, Cheddar, Colby, Feta, Monterey Jack, Mozzarella, Muenster, Provolone, Parmesan, Swiss	<b>1 oz serving credits as 1 oz eq m/ma</b>
<b>Processed Cheese</b>	Processed American Cheese Processed Cheddar Cheese	<b>1 oz serving credits as 1 oz eq m/ma</b>
<b>Pasteurized Process Cheese</b>	Pasteurized Process American Cheese	<b>1 oz serving credits as 1 oz eq m/ma</b>
<b>Cottage Cheese</b>	Cottage Cheese	<b>2 oz serving (or ¼ cup) credits as 1 oz eq m/ma</b>
<b>Ricotta Cheese</b>	Ricotta Cheese	<b>2 oz serving (or ¼ cup) credits as 1 oz eq m/ma</b>
<b>Cheese Spread</b> <i>(Not creditable for infants)</i>	Cheese Spread Spreadable Cheese Pasteurized Process Cheese Spread	<b>2 oz serving credits as 1 oz eq m/ma</b>
<b>Cheese Food</b> <i>(Not creditable for infants)</i>	Cheese Food Pasteurized Process Cheese Food	<b>2 oz serving credits as 1 oz eq m/ma</b>
<b>Commercial Cheese Sauce</b>	Cheese Sauce (canned) Cheese Sauce in box of macaroni and cheese	Only creditable when a <i>Child Nutrition (CN) Label or Product Formulation Statement (PFS)</i> is on file that specifies contribution to the m/ma component.

## Non-Creditable Cheese

Types of cheese in the list below are not creditable and may not be served as a meat/meat alternate in a CACFP meal or snack.

Type	Examples of How Products May Be Labeled
<b>Cheese Product</b>	Cheese Product, Pasteurized Prepared Cheese Product
<b>Imitation Cheese</b>	Imitation Cheese, Imitation Pasteurized Process Cheese Food
<b>Cream Cheese / Neufchatel Cheese</b>	Cream Cheese, Neufchatel Cheese, Cream Cheese Spread, Neufchatel Cheese Spread, Whipped Cream Cheese, Whipped Cream Cheese Spread
<b>Cheese Alternative (Plant-Based Cheese)</b>	Vegan Cheese, Soy Cheese, Dairy-Free Cheese, Cheese Alternative
<b>Cheese Powder</b>	Powdered cheese mixes (i.e., boxed macaroni and cheese and cans of powder where liquid is added to make a sauce)

# Cheese Label Examples

## Creditable Cheese



Natural Cheese



Processed Cheese



Pasteurized Process Cheese



Cottage Cheese



Ricotta Cheese



Cheese Spread (Not creditable for infants)



Cheese Food (Not creditable for infants)



Commercial Cheese Sauce  
(Only creditable with CN label/PFS)

## Non-Creditable Cheese



Cheese Product



Imitation Cheese



Cream Cheese / Neufchatel Cheese



Cheese Alternative  
(Plant-Based Cheese)



Cheese Powder

