

Peanut Butter



Peanut butter, a favorite food for many children, is creditable as a meat alternate on the Child and Adult Care Food Program.

The required portion size for peanut butter is quite large equaling **three tablespoons** or the equivalence to 1 ½ ping pong balls. Since the protein in peanut butter is best utilized when another protein source is served along with it the CACFP recommends serving another meat/meat alternate when peanut butter is served at meal time.

Some suggestions are:

hard boiled egg
cheese slices
cottage cheese
luncheon meat
cubed meats

string cheese
grilled cheese
scrambled eggs
cooked dried beans
meat leftover



Please record the additional meat/meat alternates served with peanut butter on your menus.