

Peanut Butter and Nut Butters



It is recommended that nut or seed butters be served in combination with another Meat/Meat Alternate at meals because the required portion size is substantial. A large amount may be overwhelming for a child and could pose a choking hazard.

Remember:

Peanut and other nut butters may pose a choking hazard for younger children.

Peanuts, peanut butter, and soy are common allergens.

Required Portion Sizes at Lunch or Supper

- 1-2 year olds = 2 tablespoons
- 3-5 year olds = 3 tablespoons
- 6-12 year olds = 4 tablespoons

Additional M/MA Ideas



Consider serving cheese sticks or slices, yogurt, beans or cottage cheese with a peanut butter sandwich



Creditable Nut Butters:

Peanut, Almond, Cashew, Sesame Seed, Soy Nut, Sunflower