









Fluid Milk Substitutions (all ages)

Non-Dairy Beverages Meeting the United States Department of Agriculture Substitution Criteria per 8 Fluid Ounces








Nutrients Children under 5 years <i>may not</i> be served <i>flavored</i> milk substitutions	USDA Criteria per 1 cup/8 oz fluid oz	Ripple Original Non-Soy Dairy-Free 	8th Continent Original Soymilk 	Kirkland Signature Organic Soymilk Plain 	Silk Original Soymilk 	Pacific All-Natural Ultra Soy Original 	Walmart Great Value Original Soymilk 	Kikkoman Pearl Organic Soymilk Original 	Sunrich Naturals Original Soymilk 
Calcium (mg)	276	440	300	300	450	300	300	373	300
Protein (g)	8	8	8	8	8	10	8	8.9	8
Vitamin A (IU)	500	500	500	500	500	500	500	1249	500
Vitamin D (IU)	100	240	100	120	120	100	120	255	100
Magnesium (mg)	24	24	24	40	60	60	40	54	40
Phosphorus (mg)	222	491	250	250	250	250	250	313	250
Potassium (mg)	349	375	360	360	370	460	360	377	360
Riboflavin (mg)	0.44	0.48	0.51	0.51	0.51	0.51	0.51	0.96	0.45
Vitamin B12 (mcg)	1.1	1.1	1.2	3	3	1.5	3	2.31	1.2

The Nebraska Department of Education does not endorse the companies or products listed. This chart is for informational purposes only. Contact the manufacture at that time of purchase to ensure that the product formulations have *not* changed.

Revised June 2021

Fluid Milk Substitutions for Children Age 6 years and older

Non-Dairy Beverages Meeting United States Department of Agriculture Substitution Criteria per Eight Fluid Ounces

Nutrients Flavored milk substitutions may only be served to children 6 years and older.	USDA Criteria per 8 Fluid Ounces	<i>Kikkoman Pearl Organic Soymilk Creamy Vanilla</i> 	<i>8th Continent Vanilla Soymilk</i> 	<i>Pacific All Natural Ultra Soymilk Vanilla</i> 	<i>Sunrich Naturals Vanilla Soymilk</i> 	<i>Sunrich Naturals Organic Vanilla Soymilk</i> 	<i>8th Continent Light Chocolate Soymilk</i> 	<i>Kikkoman Pearl Organic Soymilk Smart Chocolate</i> 
Calcium (mg)	276	408	300	300	300	300	300	395
Protein (g)	8	9	8	10	8	8	8	8.4
Vitamin A (IU)	500	1220	500	500	500	500	500	1219
Vitamin D (IU)	100	205	100	100	100	100	100	191
Magnesium (mg)	24	51	24	60	40	40	24	64
Phosphorus (mg)	222	294	250	250	250	228	300	301
Potassium (mg)	349	407	460	460	360	360	440	530
Riboflavin (mg)	0.44	1.02	0.51	0.51	0.425	0.45	0.51	1.04
Vitamin B12 (mcg)	1.1	1.86	1.2	1.5	1.2	1.1	1.2	1.46
Packaging		8 fl. oz. carton	32 fl. oz. carton	32 fl. oz. carton	8 fl. oz. carton	32 fl. oz. carton	8 oz. carton	8 fl. oz carton

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