









## Fluid Milk Substitutions (all ages)

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








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

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## 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

<b>Nutrients</b>  Flavored milk substitutions may only be served to children 6 years and older.	<b>USDA Criteria per 8 Fluid Ounces</b>	<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>  
<b>Calcium (mg)</b>	276	408	300	300	300	300	300	395
<b>Protein (g)</b>	8	9	8	10	8	8	8	8.4
<b>Vitamin A (IU)</b>	500	1220	500	500	500	500	500	1219
<b>Vitamin D (IU)</b>	100	205	100	100	100	100	100	191
<b>Magnesium (mg)</b>	24	51	24	60	40	40	24	64
<b>Phosphorus (mg)</b>	222	294	250	250	250	228	300	301
<b>Potassium (mg)</b>	349	407	460	460	360	360	440	530
<b>Riboflavin (mg)</b>	0.44	1.02	0.51	0.51	0.425	0.45	0.51	1.04
<b>Vitamin B12 (mcg)</b>	1.1	1.86	1.2	1.5	1.2	1.1	1.2	1.46
<b>Packaging</b>		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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