

## Fluid Milk Substitutions in Child Nutrition Programs

### Definitions and Rules

**Definition:** A Fluid Milk Substitute is defined as a non-dairy beverage that is nutritionally equivalent to the level of nutrients found in one cup of cow’s milk.

**Regulations:** Only Sponsors who participate in the National School Lunch Program (NSLP), the Child and Adult Food Program (CACFP) and the Special Milk Program (SMP) may, at their discretion, offer their participants a fluid milk substitute. Also, School Food Authorities who participate in the Summer Food Service Program and follow the NSLP meal patterns may offer a fluid milk substitute.

**Requests:** A Special Diet Statement is **not** required. Parents, guardians, adult participants or the caregivers of an adult participant, or a medical authority must provide a written and signed request that includes the reason for the substitution. Any reasonable request can be accepted (e.g. milk allergy or intolerance, dietary preference, religious, cultural or ethical reasons).








**Compare the amounts of nutrients in your non-dairy beverage to the levels of nutrients found in 1 cup of cow’s milk (listed in the table below). Your product must meet or exceed these levels of nutrients for it to be considered an “allowable” Fluid Milk Substitute.**







#### Milk Substitute Nutrition Standards

| Nutrient    | Requirement per cup (8 fluid ounces) |
|-------------|--------------------------------------|
| Protein     | 8 grams                              |
| Calcium     | 276 mg                               |
| Vitamin A   | 500 IU or 150 mcg                    |
| Vitamin D   | 100 IU or 2.5 mcg                    |
| Magnesium   | 24 mg                                |
| Phosphorus  | 222 mg                               |
| Potassium   | 349 mg                               |
| Riboflavin  | 0.44 mg                              |
| Vitamin B12 | 1.1 mcg                              |

## Non-dairy beverages that meet U.S. Department of Agriculture's fluid milk substitution criteria

The manufacturer information was evaluated as of 5/11/2020. Sponsors are responsible for ensuring that products meet nutrient requirements at the time of ordering by comparing nutrient amounts listed on the nutrition label to the USDA nutrient requirements listed on this resource. Products included in the list are not endorsed by the Minnesota Department of Education (MDE). Manufacturers not currently included on the list may provide nutrient information to MDE to be included.

| Unflavored Options  | Image   |
|---|---|
| Sunrich Naturals, <b>Organic Sweetened Original Soymilk</b> |    |
| Silk, <b>Original Soymilk</b>                               |    |
| 8 <sup>th</sup> Continent, <b>Original Soymilk</b>          |   |
| West Soy, <b>Organic Plus Plain Soymilk</b>                 |  |
| Walmart Great Value, <b>Original Soymilk</b>                |  |
| Kikkoman Pearl, <b>Organic Smart, Original Soymilk</b>      |  |
| Ripple, <b>Original Non-Soy Dairy Substitute</b>            |  |

| Flavored Options*  | Image   |
|--|---|
| Sunrich Naturals, <b>Organic Sweetened Vanilla Soymilk*</b>        |    |
| Silk, <b>Very Vanilla or Chocolate Soymilk*</b>                    |    |
| West Soy, <b>Organic Plus Vanilla Soymilk*</b>                     |   |
| 8 <sup>th</sup> Continent, <b>Vanilla Soymilk*</b>                 |  |
| Kikkoman Pearl, <b>Organic Smart Vanilla or Chocolate Soymilk*</b> |  |
| Ripple, <b>Vanilla or Chocolate Non-Soy Dairy Substitute</b>       |  |

\*Check specific CACFP requirements before serving/claiming a flavored fluid milk substitute.