

















## Fluid Milk Substitutions Meeting USDA Criteria in the Child Nutrition Programs

Nutrients	USDA Criteria per Eight Fluid Ounces	Unflavored	Unflavored	Unflavored	Unflavored	Unflavored	Unflavored	Unflavored	Unflavored
		<i>8th Continent</i> <b>Original Soymilk</b> 	<i>Kikkoman</i> <b>Pearl Organic Soymilk Smart Original</b> 	<i>Pacific</i> <b>All Natural Ultra Soy Original</b> 	<i>Silk</i> <b>Original Soymilk</b> 	<i>Sunrich</i> <b>Naturals Original Soymilk</b> 	<i>Sunrich</i> <b>Naturals All Natural Original Soymilk</b> 	<i>Walmart Great Value</i> <b>Original Soymilk</b> 	<i>Westsoy</i> <b>Organic Plus Plain</b> 
<b>Calcium (mg)</b>	276	300	373	285	450	300	300	300	276
<b>Protein (g)</b>	8	8	8.9	10	8	8	8	8	8
<b>Vitamin A (IU)</b>	500	500	1249	500	500	500	500	500	1000
<b>Vitamin D (IU)</b>	100	100	255	100	120	100	100	120	100
<b>Magnesium (mg)</b>	24	24	54	52.47	60	40	40	40	60
<b>Phosphorus (mg)</b>	222	250	313	254	250	228	228	250	250
<b>Potassium (mg)</b>	349	380	377	381	380	360	360	360	440
<b>Riboflavin (mg)</b>	0.44	0.51	0.96	0.49	0.51	0.45	0.45	0.51	.51
<b>Vitamin B12 (mcg)</b>	1.1	1.2	2.31	1.47	3	1.1	1.2	3	3
<b>Packaging</b>		8, 32 or 64 fl. oz. carton	8 fl. oz. single-serve size	32 fl. oz. carton	32 or 64 fl. oz. carton	8 fl. oz. carton	32 fl. oz. carton	64 fl. oz. carton	32 or 64 fl. oz. carton

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

\*Flavored fluid milk substitutes served to children 1-5 years old cannot be claimed for reimbursement.

Nutrients	USDA Criteria per Eight Fluid Ounces	Flavored	Flavored	Flavored	Flavored	Flavored	Flavored	Flavored	Flavored
		<i>8th Continent Vanilla Soymilk*</i> 	<i>Kikkoman Organic Soymilk Smart Creamy Vanilla*</i> 	<i>Kikkoman Pearl Organic Soymilk Smart Chocolate*</i> 	<i>Pacific All Natural Ultra Soy Vanilla*</i> 	<i>Sunrich Naturals Vanilla Soymilk*</i> 	<i>Sunrich Naturals All Natural Vanilla Soymilk*</i> 	<i>Sunrich Naturals All Natural Unsweetened Vanilla Soymilk*</i> 	<i>Westsoy Organic Plus Vanilla*</i> 
Calcium (mg)	276	300	408	395	285	300	300	300	276
Protein (g)	8	8	9	8.4	10	8	8	8	8
Vitamin A (IU)	500	500	1220	1219	500	500	500	500	1000
Vitamin D (IU)	100	100	205	191	100	100	100	100	100
Magnesium (mg)	24	24	51	64	52.44	40	40	40	60
Phosphorus (mg)	222	250	294	301	254	228	228	228	250
Potassium (mg)	349	380	407	530	381	360	360	360	440
Riboflavin (mg)	0.44	0.51	1.02	1.04	0.49	0.45	0.45	0.45	.51
Vitamin B12 (mcg)	1.1	1.2	1.86	1.46	1.47	1.1	1.2	1.2	3
Packaging		32 fl. oz. carton	8 fl. oz. single-serve size	8 fl. oz. single-serve size	32 fl. oz. carton	8 fl. oz. carton	32 fl. oz. carton	32 fl. oz. carton	32 or 64 fl. oz. carton

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