

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: Sponsors who participate in the National School Lunch Program (NSLP), the Child and Adult Food Program (CACFP) and the Special Milk Program (SMP) may 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).



To be considered an allowable Fluid Milk Substitute, a product must meet or exceed the following nutrient standards.







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, and the following products meet the nutrient requirements as of 7/6/2021. If utilizing a product not listed below, sponsors are responsible for ensuring that it meets the nutrient requirements by comparing 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, Organic Sweetened Original Soymilk	
Silk, Original Soymilk <i>(8 ounce containers ONLY, refrigerated or shelf stable)</i>	
West Soy, Organic Plus Plain Soymilk	
8 th Continent, Original Soymilk	
Kikkoman Pearl, Organic Smart, Original Soymilk	
Ripple, Original Non-Soy Dairy Substitute <i>(8 ounce containers ONLY)</i>	
Walmart Great Value, Original Soymilk	

Flavored Options*	Image
Sunrich Naturals, Organic Sweetened Vanilla Soymilk*	
Silk, Very Vanilla or Chocolate Soymilk* <i>(8 ounce shelf-stable containers ONLY)</i>	
West Soy, Organic Plus Vanilla Soymilk*	
8 th Continent, Vanilla Soymilk*	
Kikkoman Pearl, Organic Smart Vanilla or Chocolate Soymilk*	
Ripple, Vanilla or Chocolate Non-Soy Dairy Substitute <i>(8 ounce containers ONLY)</i>	

*Flavored milk and fluid milk substitutes are not creditable for infants and children ages 1-5 years old, except for 5 year old Kindergarten students. [Refer to the CACFP and NSLP/SBP meal patterns for more information.](#)