

**Milk Substitutions - Nutrients Required  
CACFP-SFSP**  
Food and Nutrition Division (FND)



**Non-Dairy beverages that meet USDA’s fluid milk substitution criteria**

Nutrients per Cup  
 Calcium 276 mg  
 Protein 8 g  
 Vitamin A 500 IU  
 Vitamin D 100 IU  
 Magnesium 24 mg  
 Phosphorus 222 mg  
 Potassium 349 mg  
 Riboflavin 0.44 mg  
 Vitamin B 12 1.1 mcg

Unflavored:			
<p><i>8<sup>th</sup> Continent</i> Original Soymilk</p> 	<p><i>Kikkoman Pearl</i> Organic Soymilk Smart Original</p> 	<p><i>Pacific</i> All Natural Ultra Soy Original</p> 	<p><i>Sunrich Naturals</i> Original Soymilk</p> 
<p><i>Great Value</i> Original Soy Milk</p> 	<p><i>Westsoy</i> Organic Plus Plain Soymilk</p> 	<p><i>Kirkland</i> Organic Soymilk Plain</p> 	<p><i>Silk</i> Original Soy Milk</p> 
Flavored: *Check CACFP requirements before serving/claiming Flavored Fluid Milk Substitute.			
<p><i>8<sup>th</sup> Continent</i> Vanilla Soymilk</p> 	<p><i>Kikkoman Pearl</i> Organic Soymilk, Smart Creamy Vanilla</p> 	<p><i>Kikkoman Pearl</i> Organic Soymilk, Smart Chocolate</p> 	<p><i>Pacific</i> All Natural Ultra Soy Vanilla</p> 
<p><i>Sunrich Naturals</i> Organic Vanilla Soymilk</p> 	<p><i>Sunrich Naturals</i> Unsweetened Vanilla Soymilk</p> 	<p><i>Westsoy</i> Organic Plus Vanilla Soymilk</p> 	

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