

OSPI Child Nutrition Services Milk Substitutes Handout

Approved Non-Dairy Beverages

Alternate milk products must meet certain nutritional guidelines. To assist Child Nutrition Program operators, we have compiled a current list of alternate non-dairy beverages that may be served in place of milk. These products may be served without a Request for Special Dietary Accommodations in the Child and Adult Care Food Program, the National School Lunch Program, and the School Breakfast Program. CACFP requires a Parent Request for Fluid Milk Substitution to be on file.

Only pictured products are creditable and approved; all other flavors and varieties are NOT creditable. Program operators are responsible for ensuring products meet nutrient requirements as products may be updated or changed. See Table 1 for nutritional requirements.

8th Continent Soymilk -- Original or Vanilla*



Great Value Soymilk - Original from Wal-Mart (red top only)



Pacific Foods Ultra Soy – Original (32-ounce or 8-ounce shelf-stable)



Kirkland Organic Soy – Original (32-ounce shelf-stable)



Silk Original Soymilk



Ripple Dairy-Free Shelf-Stable Milk
Original (32 ounce or 8 ounce), Chocolate* (8 ounce) or
Vanilla* (8 ounce)



(The Ripple 48 oz. refrigerated container is not equivalent and is not approved)

**Flavored non-dairy beverages cannot be served to children 1 through 5 years of age.*

Table 1: Nutrient Requirement for Milk Substitute:

Nutrient	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

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