

OSPI Child Nutrition Services

Milk Substitutes Handout

Approved Milk Substitutes

Milk substitutions must meet certain nutritional guidelines when being offered within Child Nutrition Programs. To assist Child Nutrition Program operators, we have compiled a current list of approved milk substitutes. These products may be served without a Request for Special Dietary Accommodations in the National School Lunch Program and the School Breakfast Program. The Child and Adult Care Food Program (CACFP) requires a Parent Request for Fluid Milk Substitution to be on file.

8th
Continent
Soymilk
Original



Better Goods Plant-
Based Soymilk
Original



Kikkoman Pearl
Organic Soymilk



Pacific Foods Ultra
Soy Original



Silk Original Soymilk
(Refrigerated or
shelf stable)



Ripple Kids Unsweetened
(Refrigerated or Shelf
Stable)



Ripple Kids Original
(Refrigerated or Shelf
Stable)



Ripple Original
(Sweetened or
Unsweetened)



Silk Kids Oat milk
blend



Approved Flavored Milk Substitutes

Please note, flavored milk is only allowable in the CACFP for children 6 and older.

8th Continent
Soymilk Vanilla



Ripple Original
Chocolate (Refrigerated
or Shelf Stable)



Ripple Kids Chocolate
(Refrigerated or Shelf
Stable)



Silk Soymilk Very
Vanilla & Chocolate



Kikkoman Pearl
Organic Creamy
Vanilla & Chocolate



Child Nutrition Program operators must ensure any milk substitution offered meets or exceeds all USDA required nutrient values (per 1 cup/ 8 ounces) listed here.

The product(s) must contain the following nutrients per cup:	
Nutrient	Per cup
Calcium	276 mg
Protein	8 grams
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 B-12	1.1mcg

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Reference

- [7 CFR 210.10 – NSLP](#)
- [7 CFR 220.8-SBP](#)
- [7 CFR 226.20-CACFP](#)
- [Crediting Fluid Milk in the Child Nutrition Programs Tip Sheet](#)
- [SP 07-2010 Q&As: Milk Substitution for Children with Medical or Special Dietary Needs \(Non-Disability\)](#)
- [NSLP/SBP Special Dietary Needs Reference Sheet](#)
- [School Meals Milk and Milk Substitutions Reference Sheet](#)
- [CACFP Request for Fluid Milk Substitution](#)
- [CACFP 01-2025 Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program, Questions and Answers](#)
- [CACFP Special Dietary Needs Reference Sheet](#)

Acronym Reference

- CFR – Code of Federal Regulations
- CNS – Child Nutrition Services
- FDA – Food and Drug Association
- LEAs – Local Education Agencies
- NSLP – National School Lunch Program
- OSPI – Office of Superintendent of Public Instruction
- SBP – School Breakfast Program