

# 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 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 substitutes cannot be served when following the Child and Adult Care Food Program meal pattern in a Local Education Agency.

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 substitutions offered meet the following nutrient requirements:

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 - CACFP](#)
- [SP 07-2010 Q&As: Milk Substitution for Children with Medical or Special Dietary Needs \(Non-Disability\)](#)
- [CACFP Special Dietary Needs Reference Sheet](#)
- [NSLP/SBP Special Dietary Needs Reference Sheet](#)
- [Milk and Milk Substitutions 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