

# Fluid Milk Substitutions

## SCHOOL NUTRITION PROGRAMS

### General Standards

To provide a milk alternative, the substitution must be one of the following:

- Prescribed by a state authorized medical authority or registered dietitian, for reasons of disability OR included in an IEP/504 Plan. This accommodation is required.
- Lactose free/reduced milk which is fat free or low fat. This accommodation is optional.
- A plant-based milk which is nutritionally equivalent to cow's milk and accompanied by a written request from a parent or guardian. This accommodation is optional.

### Documentation Required

- Lactose free milk – No documentation required for lactose free/reduced milk, which is fat free or low fat.
- Plant based milk
  - If not nutritionally equivalent to cow's milk it must be requested by a state authorized medical authority, registered dietitian, or in an IEP/504 Plan.
  - If nutritionally equivalent to cow's milk it must be requested by parent/guardian.

### Required Nutrient Content

Schools must ensure plant based milk substitutions meet the nutrient content below.

Nutrients	Per Cup (8 fluid oz.)
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	.44 mg
Vitamin B-12	1.1 mcg



# Creditable Non-Dairy Beverages

These plant based milks meet the USDA nutrient requirements. SFAs are responsible for ensuring the product served meets nutrient requirements (even if on this list).

Unflavored Options	Image	Flavored Options	Image
Great Value, Original Soymilk		<p><b>Note: Flavored milk is not allowed for children 1-5 and not yet in kindergarten (5K).</b></p>	
8 <sup>th</sup> Continent, Original Soymilk			8 <sup>th</sup> Continent, Vanilla Soymilk
Sunrich Naturals, Organic Original Soymilk		Sunrich Naturals, Organic Vanilla Soymilk 8 oz. and 32 oz. containers	
Kikkoman Pearl, Organic Smart Original Soymilk 8 oz. container only		Kikkoman Pearl, Organic Smart Creamy Vanilla and Creamy Chocolate 8 oz. container only	
Ripple, On-the-Go Original 8 oz. container Original Shelf Stable 32 oz. container		Ripple, On-the-Go Chocolate or Vanilla, 8 oz. container Chocolate Shelf Stable 32 oz. container	
Westsoy, Original Plus Plain Soymilk		Westsoy, Original Plus Vanilla Soymilk	
Silk, Original Soymilk		Silk, Chocolate and Very Vanilla Soymilk 8 oz. container only	
Pacific, Ultra Soy Original		<p><b>Note: Products are not endorsed by the Wisconsin Department of Public Instruction (DPI).</b></p>	