

Creditable Fluid Milk Substitutes

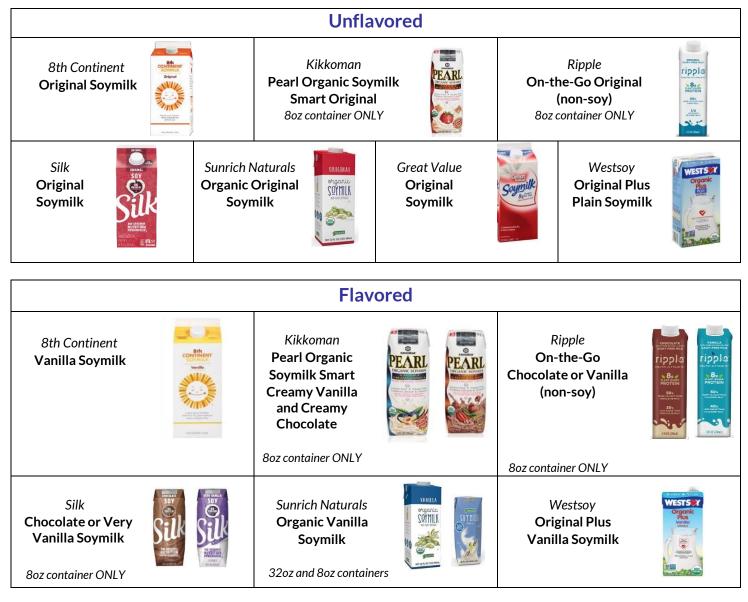
School Food Authorities (SFAs) participating in the USDA Child Nutrition Programs have the option to provide a fluid milk substitute that meets or exceeds the level of nutrients found in cow's milk (see table), with a written and signed request from a parent or guardian.

Any reasonable request can be accepted (e.g., milk allergy/ intolerance, dietary preference, or religious, cultural, or ethical reasons); however, when served to infant and pre-k children, the substitution must be unflavored.

List of Creditable Fluid Milk Substitutes

If serving a creditable fluid milk substitute, SFAs are responsible for ensuring that it meets nutrient requirements even if on this list.

| 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 | 1.1mcg |



Non-Creditable Non-Dairy Beverages: Beverages that do not meet or exceed the level of nutrients found in one cup of cow's milk, for example almond, cashew, coconut, hemp, oat, and rice milks, water, and juice, cannot be served as a milk substitution unless a valid medical statement for a disability is on file.