

Fluid Milk Substitutions in the Child Nutrition Programs

Definition: A fluid milk substitute is a non-dairy beverage that is nutritionally equivalent to the level of nutrients found in one cup of cow's milk.

Regulations: School Food Authorities (SFAs) may offer students a fluid milk substitute. This rule applies to schools participating in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Special Milk Program (SMP), Afterschool Snack Program, and Seamless Summer Option (SSO).

Requests: A signed medical statement is **not** required to offer a fluid milk substitute to students.

Milk Substitute Nutrition Standards

When choosing a fluid milk substitute, compare the amount of nutrients to the amount of nutrients in one cup of cow's milk (shown below). Your product must meet or exceed these nutrient levels to be an allowable substitute.

Nutrient	Requirement per Cup (8 fluid ounces)
Calcium	276 mg
Protein	8 g
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 B12	1.1 mcg

Fluid Milk Substitutes That Meet USDA's Criteria

Manufacturer information for the products below were evaluated as of May 2021. SFAs are responsible for ensuring that products meet fluid milk substitute nutrition standards. Products included in this list are not endorsed by the Wisconsin Department of Public Instruction (DPI). Manufacturers not included on this list may provide nutrient information to DPI to be included.

Unflavored Options	Image
8 th Continent, Original Soymilk	
Great Value, Soymilk Original	
Kikkoman Pearl Organic Soymilk, Smart Original	
Ripple, Original Plant-Based Milk	
Silk, Original Shelf Stable	
Sunrich Naturals, Organic Soymilk Original	
WestSoy, Organic Plus Plain	

Flavored Options	Image
8 th Continent, Vanilla Soymilk	
Kikkoman Pearl Organic Soymilk, Smart Creamy Vanilla or Smart Chocolate	
Ripple, Vanilla or Chocolate Plant-Based Milk	
Silk, Very Vanilla or Chocolate, Shelf Stable, 8 fl. oz.	
Sunrich Naturals, Organic Soymilk Vanilla	
WestSoy, Organic Plus Vanilla	