

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

Unflavored

8th Continent Original Soymilk 	Kikkoman Pearl Organic Soymilk Smart Original 8oz container ONLY 	Ripple On-the-Go Original (non-soy) 8oz container ONLY 	
Silk Original Soymilk 	Sunrich Naturals Organic Original Soymilk 	Great Value Original Soymilk 	Westsoy Original Plus Plain Soymilk 

Flavored

8th Continent Vanilla Soymilk 	Kikkoman Pearl Organic Soymilk Smart Creamy Vanilla and Creamy Chocolate 8oz container ONLY 	Ripple On-the-Go Chocolate or Vanilla (non-soy) 8oz container ONLY 
Silk Chocolate or Very Vanilla Soymilk 8oz container ONLY 	Sunrich Naturals Organic Vanilla Soymilk 32oz and 8oz containers 	Westsoy Original Plus Vanilla Soymilk 

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.