









Fluid Milk Substitutions (all ages)

Non-Dairy Beverages Meeting the United States Department of Agriculture Substitution Criteria per 8 Fluid Ounces

Nutrients Children under 5 years <i>may not</i> be served <i>flavored</i> milk substitutions	USDA Criteria per 1 cup/8 oz fluid oz	Ripple Original Non-Soy Dairy-Free 	8th Continent Original Soymilk 	Kirkland Signature Organic Soymilk Plain 	Silk Original Soymilk 	Pacific All-Natural Ultra Soy Original 	Walmart Great Value Original Soymilk 	Kikkoman Pearl Organic Soymilk Original 	Sunrich Naturals Original Soymilk 
Calcium (mg)	276	440	300	300	450	300	300	373	300
Protein (g)	8	8	8	8	8	10	8	8.9	8
Vitamin A (IU)	500	500	500	500	500	500	500	1249	500
Vitamin D (IU)	100	240	100	120	120	100	120	255	100
Magnesium (mg)	24	24	24	40	60	60	40	54	40
Phosphorus (mg)	222	491	250	250	250	250	250	313	250
Potassium (mg)	349	375	360	360	370	460	360	377	360
Riboflavin (mg)	0.44	0.48	0.51	0.51	0.51	0.51	0.51	0.96	0.45
Vitamin B12 (mcg)	1.1	1.1	1.2	3	3	1.5	3	2.31	1.2

The Nebraska Department of Education does not endorse the companies or products listed. This chart is for informational purposes only. Contact the manufacture at that time of purchase to ensure that the product formulations have *not* changed.

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