


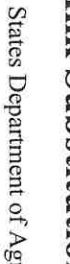




Fluid Milk Substitutions (all ages)

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

Nutrients	USDA Criteria per 1 cup/8 oz fluid oz	Ripple Original Non-Soy Dairy-Free	8th Continent Original Soy milk	Kirkland Signature Organic Soy milk Plain	Silk Original Soy milk	Pacific All-Natural Ultra Soy Original	Walmart Great Value Original Soy milk	Kikkoman Pearl Organic Soy milk Original	Sunrich Naturals Original Soy milk
Children under 5 years <i>may not</i> be served <i>flavored</i> milk substitutions									
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 manufacturer at that time of purchase to ensure that the product formulations have *not* changed. Revised June 2021