

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 Kids Original Non-Soy Dairy Free 	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	440	300	300	450	300	300	373	300
Protein (g)	8	8	8	8	8	8	10	8	8.9	8
Vitamin A	500 IU	500 IU	500 IU	500 IU	500 IU	500 IU	500 IU	500 IU	1249 IU	500 IU
Vitamin D	100 IU	200 IU	240 IU	100 IU	120 IU	120 IU	100 IU	120 IU	255 IU	100 IU
Magnesium (mg)	24	24	24	24	40	60	60	40	54	40
Phosphorus (mg)	222	549	491	250	250	250	250	250	313	250
Potassium (mg)	349	405	375	360	360	370	460	360	377	360
Riboflavin (mg)	0.44	0.48	0.48	0.51	0.51	0.51	0.51	0.51	0.96	0.45
Vitamin B12 (mcg)	1.1	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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