

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 of age <i>may not</i> be served <i>flavored</i> milk substitutions	USDA Criteria per 1 cup/ 8 oz fluid oz	Bettergoods Original Soymilk 	Ripple Original Kids 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	300	440	440	300	300	450	300	300	373	300
Protein (g)	8	8	8	8	8	8	8	10	8	8.9	8
Vitamin A	500 IU	500 mcg	500 IU	500 IU	500 IU	500 IU	500 IU	500 IU	500 IU	1249 IU	500 IU
Vitamin D	100 IU	240 IU	200 IU	240 IU	100 IU	120 IU	120 IU	100 IU	120 IU	255 IU	100 IU
Magnesium (mg)	24	45	24	24	24	40	60	60	40	54	40
Phosphorus (mg)	222	250	549	491	250	250	250	250	250	313	250
Potassium (mg)	349	460	405	375	360	360	370	460	360	377	360
Riboflavin (mg)	0.44	0.50	0.48	0.48	0.51	0.51	0.51	0.51	0.51	0.96	0.45
Vitamin B12 (mcg)	1.1	1.2	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 the time of purchase to ensure that the product formulations have *not* changed.

Revised August 2026