

Fluid Milk Substitutes (Non-Dairy)

Definition and Rules

Definition: A Fluid Milk Substitute is defined as a non-dairy beverage that is nutritionally equivalent to the level of nutrients found in one cup of cow's milk.

Regulations: Only Sponsors who participate in the National School Lunch Program (NSLP), the Child and Adult Food Program (CACFP) and the Special Milk Program (SMP) may at their discretion offer their participants a fluid milk substitute. Also, School Food Authorities who participate in the Summer Food Service Program and follow the NSLP meal patterns may offer a fluid milk substitute.

Requests: Parents, guardians, adult participants or the caregivers of an adult participant or a medical authority must provide a written and signed request for a non-dairy fluid milk substitute which includes the medical or other special dietary reason for the substitution. Any reasonable request can be accepted (e.g. milk allergy, vegan diet or religious, cultural or ethical reasons). A Special Diet Statement is not required.

Compare the amounts of nutrients in your non-dairy beverage to the levels of nutrients found in 1 cup of cow's milk (listed in the table below). Your product must meet or exceed these levels of nutrients for it to be considered an "allowable" Fluid Milk Substitute.

Milk Substitute Nutrition Standards








Nutrients in 1 cup of Cow's Milk	Requirement per cup (8 fluid ounces)	% of RDI
Protein	8 grams	16%
Calcium	276 mg	28%
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	23%
Potassium	349 mg	10%
Riboflavin	.44 mg	26%
Vitamin B12	1.1 mcg	19%

Test your non-dairy product at our website using the [Fluid Milk Substitute Calculator](#).

Non-dairy beverages that meet USDA's fluid milk substitution criteria

Unflavored <i>8th Continent</i> Original Soymilk 	Unflavored <i>Kikkoman Pearl</i> Organic Soymilk Smart Original 	Unflavored <i>Pacific</i> All Natural Ultra Soy Original 	Unflavored <i>Silk</i> Original Soymilk 
Unflavored <i>Sunrich Naturals</i> Original Soymilk 	Unflavored <i>Sunrich Naturals</i> All Natural Original Soymilk 	Unflavored <i>Walmart Great Value</i> Original Soymilk 	Unflavored <i>Westsoy Organic</i> Plus Plain 

* Check specific CACFP requirements before serving/claiming a Flavored Fluid Milk substitute.

Flavored <i>8th Continent</i> Vanilla Soymilk* 	Flavored <i>Kikkoman</i> Organic Smart Creamy Vanilla* 	Flavored <i>Kikkoman</i> Pearl Organic Soymilk Smart Chocolate* 	Flavored <i>Pacific</i> All Natural Ultra Soy Vanilla* 
Flavored <i>Sunrich Naturals</i> Vanilla Soymilk* 	Flavored <i>Sunrich Naturals</i> All Natural Vanilla Soymilk* 	Flavored <i>Sunrich Naturals</i> All Natural Unsweetened Vanilla Soymilk* 	Flavored <i>Westsoy Organic</i> Plus Vanilla* 