

Creditable Milk Substitutions

Schools participating in the USDA Child Nutrition Programs have the option to provide a fluid milk substitute **that meets or exceeds the level of nutrients found in cow's milk** (see table), **with a written and signed request from a parent or guardian.**

Nutrients	Per cup (8 fluid oz.)
Protein	8 grams
Calcium	276 mg
Vitamin A	500 IU or 150 mcg
Vitamin D	100 IU or 2.5 mcg
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	.44 mg
Vitamin B-12	1.1mcg

Any reasonable request can be accepted (milk allergy/ intolerance, dietary preference, or religious, cultural, or ethical reasons); **For pre-k children, the substitution must be unflavored.**

List of Creditable Fluid Milk Substitutes

- Lactose-free milk (Lactaid®)
- Reduced lactose-free milk
- Soy milk

Kikkoman
Pearl Organic
Soymilk Smart
Creamy Vanilla
and Creamy
Chocolate



Silk
Original
Soymilk



- 8oz container ONLY

Non-Creditable Non-Dairy Beverages: Beverages that **do not meet or exceed** the level of nutrients found in one cup of cow's milk: **almond, cashew, coconut, hemp, oat, and rice milks, water, and juice**, cannot be served as a milk substitution **unless a valid medical statement for a disability is on file.**