

Milk Substitutes

Nondairy beverages offered as fluid milk substitutes may also be offered in NSLP/SBP. However, they must be nutritionally equivalent to fluid milk and provide certain amounts of specific nutrients (except for SFSP).



- ✓ If a milk substitute is desired for a child, the parent/guardian must request the substitute in writing, and the milk substitute must be nutritionally equivalent to milk, except for SFSP.
- ✓ Juice or water is not an allowable substitution unless a signed medical statement for meal modification prescribes this as acceptable.

Nutrient Requirements for Fluid Milk Substitutes/Nondairy Beverages



Nutrient

Per Cup (8 fl oz)

Calcium

276 milligrams

Protein

8 grams

Vitamin A

150 mcg retinol activity equivalents (RAE)

Vitamin D

2.5 micrograms

Magnesium

24 milligrams

Phosphorus

222 milligrams

Potassium

349 milligrams

Riboflavin

0.44 milligrams

Vitamin B-12

1.1 micrograms