















Fluid Milk Substitutions in the Child Nutrition Programs

Non-Dairy Beverages Meeting United States Department of Agriculture Substitution Criteria per Eight Fluid Ounces

Nutrients	USDA Criteria per 8 Fluid Ounces	8th Continent Original Soymilk 	8th Continent Light Chocolate Soymilk 	8th Continent Vanilla Soymilk 	Pacific All Natural Ultra Soy Original 	Pacific All Natural Ultra Soy Vanilla 	Kikkoman Pearl Organic Soymilk Smart Original 	Kikkoman Pearl Organic Soymilk Smart Creamy Vanilla 
Calcium (mg)	276	300	300	300	300	300	373	408
Protein (g)	8	8	8	8	10	10	8.9	9
Vitamin A (IU)	500	500	500	500	500	500	1249	1220
Vitamin D (IU)	100	100	100	100	100	100	255	205
Magnesium (mg)	24	24	24	24	60	60	54	51
Phosphorus (mg)	222	250	300	250	250	250	313	294
Potassium (mg)	349	360	440	460	460	460	377	407
Riboflavin (mg)	0.44	0.51	0.51	0.51	0.51	0.51	0.96	1.02
Vitamin B12 (mcg)	1.1	1.2	1.2	1.2	1.5	1.5	2.31	1.86
Packaging		8, 32 or 64 fl. oz. carton	8 oz. carton only	32 fl. oz. carton	32 fl. oz. carton	32 fl. oz. carton	8 fl. oz. single-serve size	8 fl. oz. single-serve size

*The West Virginia 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 product formulations have not changed.

Nutrients	USDA Criteria per 8 Fluid Ounces	<i>Kikkoman Pearl Organic Soymilk Smart Chocolate</i> 	<i>Walmart Great Value Original Soymilk</i> 	<i>Sunrich Naturals Original Soymilk</i> 	<i>Sunrich Naturals Vanilla Soymilk</i> 	<i>Sunrich Naturals Organic Vanilla Soymilk</i> 	<i>Silk Original Soymilk</i> 	<i>Kirkland Signature Organic Soymilk Plain</i> 
Calcium (mg)	276	395	300	300	300	300	450	300
Protein (g)	8	8.4	8	8	8	8	8	8
Vitamin A (IU)	500	1219	500	500	500	500	500	500
Vitamin D (IU)	100	191	120	100	100	100	120	120
Magnesium (mg)	24	64	40	40	40	40	60	40
Phosphorus (mg)	222	301	250	250	250	228	250	250
Potassium (mg)	349	530	360	360	360	360	370	360
Riboflavin (mg)	0.44	1.04	0.51	0.425	0.425	0.45	0.51	0.51
Vitamin B12 (mcg)	1.1	1.46	3	1.2	1.2	1.1	3	3
Packaging		8 fl. oz. single-serve size	64 fl. oz. carton	8 fl. oz. carton	8 fl. oz. carton	32 fl. oz. carton	32 or 64 fl. oz. carton	32 fl. oz. carton

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