

Fluid Milk Substitution Criteria in Child Nutrition Programs

USDA Criteria for Required Nutrient Levels to Qualify as Non-Dairy Beverage Substitute		
Nutrient	Required Amount Per Cup	% Daily Value
Calcium	276 mg	22%
Protein	8 grams	16%
Vitamin A	500 IU or 150 mcg	17%
Vitamin D	100 IU or 2.5 mcg	13%
Magnesium	24 mg	6%
Phosphorus	222 mg	18%
Potassium	349 mg	8%
Riboflavin	.44 mg	34%
Vitamin B12	1.1 mcg	46%

Non-Dairy fluid milk substitutions that provide the nutrients listed in the “Required Amount Per Cup” column may be provided for children and adults who cannot consume fluid milk.

Consult the nutrition facts label on the product and first compare the nutrition facts label to the nutrient amounts listed in the “Required Amount Per Cup” column. If a nutrition facts label does not provide the nutrient amounts per cup for a specific nutrient, the % Daily Value on the nutrition facts label can be compared to the % Daily Value column above. As long as the nutrient amount per cup **OR** the % Daily Value is met for each nutrient listed, the product is considered compliant.

If a non-dairy fluid milk substitution is requested as part of a meal modification request signed by a medical authority to accommodate a participant’s disability, the fluid milk substitution is not required to meet the fluid milk substitution nutrient criteria.

Questions? Contact your area Child Nutrition Consultant or call Kansas State Department of Education, Child Nutrition & Wellness at 785-296-2276.