

# MILK SUBSTITUTES...MINIMUM NUTRITIONAL REQUIREMENTS

NUTRIENT	UNIT	VALUE PER CUP (244g)
Protein	g	8
Calcium, Ca	mg	276
Magnesium, Mg	mg	24
Phosphorus, P	mg	222
Potassium, K	mg	349
Riboflavin	mg	0.44
Vitamin B-12	µg	1.10
Vitamin A	µg	150 (*RAE)
Vitamin D	µg	2.5

Based upon USDA required nutrients - fortified to the levels found in whole milk

\*RAE= retinol activity equivalents

**Non-dairy milk substitute labels must be checked to ensure compliance with nutritional requirements.**

Parents or guardians may request in writing non-dairy milk substitutions, without providing a medical statement. As an example, if a parent has a child who follows a vegan diet, the parent can submit a written request to the child's caretaker asking that soy milk be served in lieu of cow's milk. The written request must identify the medical or other special dietary need that restricts the diet of the child. It is at the caregiver's discretion to provide a non-dairy substitute if it is not related to a medical disability. All non-dairy milk substitutes are at the expense of the caregiver and/or the child's parent or guardian, and must meet the minimum nutritional requirements listed above.

If a parent provides a non-dairy milk substitute that meets the nutritional standards as outlined in 7 CFR 210.10 (d)(2)(ii), the caregiver may serve the non-dairy milk substitute and still claim reimbursement for the meal.

**Shelf Stable=** Foods that can be safely stored at room temperature, or "on the shelf," are called "shelf stable" and do not require refrigeration *until after opening*. Once opened the expiration is invalid and product must be consumed/disposed within 7-10 days. Always check product packaging for guidance.

**Fat Free = Skim Milk    Reduced Fat = 2% Milk Fat    Low Fat = 1% Milk Fat    Full Fat = Whole Milk**