



CACFP Arizona Milk Substitutes



Milk substitutes served to participants without a disability must be nutritionally equivalent to cow's milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients found in cow's milk for the meal to be claimable.



USDA Nutrition Standards for Fluid Milk Substitutes 7 CFR 226.20(g)(3)	
Minimum Nutrients per 8 Fluid Ounces	
Calcium	276 milligrams (mg) or 30% Daily Value (DV) ¹
Protein	8 grams (g)
Vitamin A	500 international units (IU) or 10% DV
Vitamin D	100 IU or 25% DV
Magnesium	24 mg or 6% DV
Phosphorus	222 mg or 20% DV ¹
Potassium	349 mg or 10% DV ¹
Riboflavin	0.44 mg or 25% DV ¹
Vitamin B-12	1.1 micrograms (mcg) or 20% DV ¹

¹ The FDA labeling laws require manufacturers to round nutrition values to the nearest five percent. The actual minimum DV is 27.6% for calcium, 22.2% for phosphorus, 9.97% for potassium, 25.88% for riboflavin, and 18.33% for vitamin B12.

Soymilks that Meet the USDA Nutrition Standards	
The following is a list of soymilk products that currently meet the USDA nutrition standards for fluid milk substitutes. This list is for informational purposes only. It is subject to change and is not intended to endorse a specific brand.	
Manufacturer	Product
Great Value	Walmart Great Value Original Soymilk
Kikkoman	Pearl Organic Soymilk, Smart Original, Chocolate ¹ , or Creamy Vanilla ¹
Kirkland Signature	Organic Soymilk, Plain or Vanilla ¹
Pacific Natural Foods	Ultra-Soy All-Natural Nondairy Beverage, Plain or Vanilla ¹
Silk	Silk Original Soymilk
Stremick's Heritage Foods	8 th Continent Soymilk, Original or Vanilla ¹ , refrigerated
Sunrich Naturals	Soymilk, Original, Unsweetened Vanilla ¹ , or Vanilla ¹



¹ Flavored milks are only allowable for children and adults 6 years and older. Non-dairy substitutes served to children ages 1-5 must be unflavored.

FAT CONTENT

When offering lactose-free/reduced milk, ensure that the appropriate fat content for each age group is being served.

DOCUMENT

Maintain a Menu Modification form for all modifications made. The form is available on www.azed.gov/hns/cacfp/

ACCOMMODATE

CACFP facilities are not required to offer milk substitutes when they are requested due to a non-medical preference.

