






## Fluid Milk Substitutions in the School Nutrition Programs: Non-Dairy Beverages Meeting USDA Substitution Criteria

	USDA Criteria Per Cup	8 <sup>th</sup> Continent <u>Original</u> Soy Milk Per Cup 	Pacific Natural <u>Ultra</u> Soy Milk, Plain Per Cup 	Pacific Natural <u>Ultra</u> Soy Milk, Vanilla Per Cup 	<u>Kikkomon Pearl</u> <u>Organic Soymilk:</u> Creamy Vanilla Per Cup 	<u>Kikkomon Pearl</u> <u>Organic Soymilk:</u> Chocolate Per cup 
<b>Calcium</b>	276 mg	300 mg	284 mg	284 mg	341	388
<b>Protein</b>	8 grams	8 grams	10 grams	10 grams	9	8
<b>Vitamin A</b>	500 IU	500 IU	500 IU	500 IU	578	613
<b>Vitamin D</b>	100 IU	100 IU	100 IU	100 IU	118	110
<b>Magnesium</b>	24 mg	24 mg	52 mg	52 mg	80	96
<b>Phosphorus</b>	222 mg	250 mg	254 mg	254 mg	401	456
<b>Potassium</b>	349 mg	360 mg	380 mg	380 mg	410	550
<b>Riboflavin</b>	.44 mg	.51 mg	.5 mg	.5 mg	.75	.77
<b>Vitamin B12</b>	1.1 mcg	1.2 mcg	1.47 mcg	1.47 mcg	1.58	1.54
<b>Vendors Carrying Product</b>		Wal-Mart Dillon's Price Chopper Hy-Vee	Yahoo.com Hy-Vee United Natural Foods pacificfoods.com	Yahoo.com Hy-Vee United Natural Foods pacificfoods.com	U.S. Foodservice (Kansas City), Sysco Food Service of Kansas City, Sysco Lincoln, Inc. (vanilla only), Dillon's	U.S. Foodservice (Kansas City), Sysco Food Service of Kansas City, Dillon's
<b>Container Size/ Packaging</b>		Half Gallon	32 oz. Carton	32 oz. Carton	8.25 oz. boxes (24 per case)	8.25 oz. boxes (24 per case)
<b>Shelf Stable</b>		No	Yes	Yes	Yes, 1 year (unopened)	Yes, 1 year (unopened)
<b>Storage Tips</b>		Use within 10 days after opening.	Refrigerate after opening and use within 7-10 days	Refrigerate after opening and use within 7-10 days	Refrigerate after opening	Refrigerate after opening