

Colorado CACFP List of Creditable Milk Substitutes*

Nutrient	USDA Requirement Per Cup Fluid Milk**	8 th Continent Original Soymilk	Pacific Natural Ultra Soy: Plain and Vanilla	Kikkoman Pearl Smart Creamy Vanilla	Kikkoman Pearl Smart Chocolate	Wal Mart Great Value Original Soy Milk (red carton)	Silk Original Soymilk
Calcium	28%	30%	30%	35%	40%	30%	45%
Protein	8 g	8 g	10g	9 g	8 g	8 g	8 g
Vitamin A	10%	10%	10%	10%	10%	10%	10%
Vitamin D	25%	25%	25%	30%	30%	30%	30%
Magnesium	6%	6%	15%	20%	25%	10%	15%
Phosphorus	22%	25%	25%	40%	45%	25%	25%
Potassium	10%	10%	13%	12%	16%	10%	11%
Riboflavin	26%	30%	30%	45%	45%	30%	30%
Vitamin B-12	18%	20%	25%	25%	25%	50%	50%

* CACFP requires that in the case of children and adults who cannot consume fluid milk due to medical or other special dietary needs, other than a disability, non-dairy beverages may be served in lieu of fluid milk.

**Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk, as outlined in the National School Lunch Program (NSLP) regulations.