

Creditable Non-Dairy Milks

An approved **Non-Dairy Milk Request Form** (from parent)

OR **Physician Statement for Meal Accommodations** (from doctor)

MUST be on file at the Day Care Resources office to claim non-dairy milks.

Download forms at www.daycareresources.org or contact the office!

One cup (8 fluid ounces) of non-dairy milk must have the nutrients listed (to the right) to count as a substitute for milk for the USDA CACFP.

Day Care Resources, Inc. does not endorse any product. Brand names are given as examples of product(s) that meet requirements as of 2/2025.

1 cup milk MUST have:	
Nutrient	Amount
Protein	8 g
Vitamin D	2.5 mcg (equal to 100 IU)
Calcium	276 mg
Potassium	349 mg
Vitamin A	150 mcg (equal to 500 IU)
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg
Phosphorus	222 mg
Magnesium	24 mg

Unflavored										Flavored															
										AGES 6+ ONLY															
	8th Continent Original Plain		Bettergoods Original Plain		Silk Original Plain		Silk Kids		West Life Plain “Calcium & Vitamin D”		Pacific Ultra Soy Original		Kikkoman Pearl SMART Original		Ripple On the Go Original, Kids		Ripple On the Go Chocolate OR Vanilla		Kikkoman Pearl SMART Chocolate OR Vanilla		Ripple On the Go Chocolate OR Vanilla		Silk - single serve Chocolate OR Very Vanilla		West Life Vanilla “Calcium & Vitamin D”
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