

***USDA Required Nutrient Standards  
for Milk Substitutions***

Nutrient	Per cup
Calcium .....	276 mg.
Protein .....	8 g.
Vitamin A .....	500 IU.
Vitamin D .....	100 IU.
Magnesium .....	24 mg.
Phosphorus .....	222 mg.
Potassium .....	349 mg.
Riboflavin .....	0.44 mg.
Vitamin B-12 .....	1.1 mcg.

Source: *Fluid Milk Substitution in School Nutrition Program* (73 FR 52903) issued by USDA, FNS.