

Dairy alternative beverages sold as **part of school meals and separately from school meals** must comply with Section 10-221q of the Connecticut General Statutes (C.G.S), the U.S. Department of Agriculture (USDA) regulations for school meals, the USDA Smart Snacks nutrition standards for competitive foods, and the USDA nutrition standards for fluid milk substitutes (refer to [Allowable Milk Substitutes for Children Without Disabilities in School Nutrition Programs](#)). They cannot contain artificial sweeteners and cannot exceed 4 grams of sugar per fluid ounce, 35 percent of calories from fat, and 10 percent of calories from saturated fat. These requirements apply to all public schools, regardless of whether the district implements Healthy Food Certification (HFC) under C.G.S. Section 10-215f. The Connecticut State Department of Education (CSDE) encourages schools to choose products that also meet the "Better Choice" recommendations (see green and white columns on right).

**This list includes products that comply with all state and federal requirements.** Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product's nutrition information to the CSDE following the guidance in [Submitting Food and Beverage Products for Approval](#).

The CSDE's [List of Acceptable Foods and Beverages](#) webpage is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, refer to [Contact Information for Vendors](#).

For additional information on complying with the state beverage statute, refer to the CSDE's resources, [Allowable Beverages in Connecticut Public Schools](#) and [Questions and Answers on Connecticut Statutes for School Food and Beverages](#) and visit the CSDE's [Beverage Requirements](#) webpage.

**DAIRY ALTERNATIVE BEVERAGES,**  
e.g., soy milk and other nondairy milk  
substitutes

Elementary schools: Portion size limit of 8 fluid ounces

Middle and high schools: Portion size limit of 12 fluid ounces

**STATE AND FEDERAL REQUIREMENTS FOR DAIRY ALTERNATIVE BEVERAGES**  
(G.C.S. Section 10-221q, USDA Regulations and USDA Smart Snacks)

**Better Choice Recommendations**  
Choose products that meet all recommendations

Manufacturer	Beverage item	Package or serving size	Meets USDA's nutrition standards for fluid milk substitutes	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from saturated fat	Trans fat (g)	Sodium (mg)	Fiber (g)	Total sugars (g)	Grams of sugars per ounce	Standard met	Standard met	Vendors	Product code and notes	Review date	Better Choice Recommendations		
																			No partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
Campbell's Food Service	Pacific Foods Ultra Soy Original Plant-based Beverage, 8 fl oz from quart aseptic container	8 fl oz	yes	140	6	38.57%	1.0	6.4%	0	130	2	9	1.13	yes	yes	Cityline, HPC, PFG Springfield, Sysco CT, Thurston, USF CT	Item 06200 (32 fl oz) UPC 0-52603-08200-6; Case (12 count) 100-52603-08200-3. <b>Note:</b> Company provided unrounded nutrition data to indicate that the product contains less than 35% of calories from fat and meets the fat standard.	12/29/23	X	X	X
Kikkoman	Pearl Organic Soymilk, Smart Chocolate, 8 fl oz aseptic container	8 fl oz	yes	150	4.5	27.0%	1.0	6.0%	0	70	4	13	1.63	yes	yes	Thurston	Code 06185; UPC 0-41390-06185-1; Case (24 count) UPC 100-41390-06185-8	10/25/19	X	X	X
Kikkoman	Pearl Organic Soymilk, Smart Creamy Vanilla, 8 fl oz aseptic container	8 fl oz	yes	140	4.5	28.9%	0.0	0.0%	0	110	2	15	1.88	yes	yes	Thurston	Code 06184; UPC 0-41390-06184-4; Case (24 count) UPC 100-41390-06184-1	10/25/19	X	X	X

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																			No partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
Kikkoman	Pearl Organic Soymilk, Smart Original, 8 fl oz aseptic container	8 fl oz	yes	130	4.5	31.2%	0.5	3.5%	0	110	2	11	1.38	yes	yes	Sysco, Thurston	Code 06183; UPC 0-41390-06183-7; Case (24 count) UPC 100-41390-06183-4	10/25/19	X	X	X
Marcel's Modern Pantry	Marcel's Modern Pantry Plant-based Oat Protein Beverage, 8 fl oz aseptic container	8 fl oz	yes	130	1	6.9%	0.0	0.0%	0	150	<1	18	2.25	yes	yes	ACE/Endico, Thurston Foods, Wade's Dairy	UPC 7-54686-00279-6; Case (27 count) UPC 107-54686-00279-3	8/16/23	X	X	X
Ripple Foods	Ripple Plant-Based Milk Chocolate, 8 fl oz aseptic container	8 fl oz	yes	140	4.5	28.9%	0.5	3.2%	0	105	1	15	1.88	yes	yes	UNFI	UPC 8-55643-00615-1; Single Case (96 count) UPC 108-10029-77030-6; Four-pack UPC 8-55643-00616-8; Case (12 packs of 4) UPC 208-55643-00616-2	1/10/24	X	X	X
Ripple Foods	Ripple Plant-Based Milk Vanilla, 8 fl oz aseptic container	8 fl oz	yes	130	4.5	31.2%	0.5	3.5%	0	160	<1	15	1.88	yes	yes	UNFI	UPC 8-55643-00612-0; Single Case (96 count) UPC 108-10029-77029-0; Four-pack UPC 8-55643-00613-7; Case (12 packs of 4) UPC 208-55643-00613-1	1/10/24	X	X	X
Stremick's Heritage Foods	8th Continent Soymilk, Original, 8 fl oz (half gallon refrigerated container)	8 fl oz	yes	100	2.5	22.5%	0.0	0.0%	0	85	0	11	1.38	yes	yes		UPC 0-53859-07066-3	5/24/16	X	X	X
Stremick's Heritage Foods	8th Continent Soymilk, Vanilla, 8 fl oz (half gallon refrigerated container)	8 fl oz	yes	80	2.5	28.1%	0.0	0.0%	0	95	0	7	0.88	yes	yes		UPC 0-53859-07067-0	5/24/16	X		X

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				Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from saturated fat	Trans fat (g)	Sodium (mg)	Fiber (g)	Total sugars (g)	Grams of sugars per ounce	Standard met	Standard met	Review date	No partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup		
Sunrich Naturals	Sunrich Naturals Organic Soymilk, Vanilla, 8 fl oz (quart aseptic container)	8 fl oz	yes	120	4.5	33.8%	0.5	3.8%	0	120	1	12	1.50	yes	yes		Item 33132 (12/32 fl oz); UPC 7-82758-33132-1; Case UPC 107-82758-33132-8	5/24/16	X	X	X
Sunrich Naturals	Sunrich Naturals Soymilk, Vanilla, 8 fl oz aseptic container	8 fl oz	yes	130	4.5	31.2%	0.5	3.5%	0	125	1	11	1.38	yes	yes	HPC	Item 33208 (24/8 fl oz); UPC 7-82758-33208-3; Case UPC 107-82758-33208-0	5/24/16	X	X	X