List of Acceptable Foods and Beverages

List 17: Dairy Alternatives

List 17: Dairy Alternative Beverages includes fluid milk substitutes that meet the requirements of the state beverage statute (G.C.S. Section 10-221q), the USDA's regulations for nutrition standards for fluid milk substitutes for the school nutrition programs, and the USDA Smart Snacks nutrition standards. Fluid milk substitutes are plant-based beverages (like soy milk) that are designed to replace cow's milk.

Elementary schools: Portion size limit of 8 fluid ounces
Middle and high schools: Portion size limit of 12 fluid ounces

																	Better Choice Recommendations	
Manufacturer	**Beverage item**	**Package or serving size (fluid ounces)**	**Meets USDA's nutrition standards for fluid milk substitutes**	**Calories**	**Fat (g)**	**% Calories from fat**	**Saturated fat (g)**	**% Calories from Saturated fat**	**Sodium (mg)**	**Fiber (g)**	**Total sugars (g)**	**Grams of sugars per ounce: ≤ 4 g**	**Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols**	**Standard met: No caffeine**	**Vendors**	**Product code and notes**	**Review date**	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	yes	140	6	**38.57%**	1.0	6.4%	130	1	9	1.13	yes	yes	Lindley	Item 08200 (32 fl oz) UPC 0-52603-08200-6; Case (12 count) 100-52603-08200-3. **Note:** Company provided unrounded nutrition data to indicate that the product contains less than 35% of calories from fat and meets the fat standard.	10/24/25	X	X
Kikkoman	Pearl Organic Soymilk, Smart Chocolate, 8 fl oz aseptic container	8	yes	150	4.5	27.0%	1.0	6.0%	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
Kikkoman	Pearl Organic Soymilk, Smart Creamy Vanilla, 8 fl oz aseptic container	8	yes	140	4.5	28.9%	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
Kikkoman	Pearl Organic Soymilk, Smart Original, 8 fl oz aseptic container	8	yes	130	4.5	31.2%	0.5	3.5%	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
Marcel's Modern Pantry	Marcel's Modern Pantry Plant-based Oat Protein Beverage, 8 fl oz aseptic container	8	yes	130	1	6.9%	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
Ripple Foods	Ripple Plant-Based Milk Chocolate, 8 fl oz aseptic container	8	yes	140	4.5	28.9%	0.5	3.2%	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

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Manufacturer	**Beverage item**	**Package or serving size (fluid ounces)**	**Meets USDA's nutrition standards for fluid milk substitutes**	**Calories**	**Fat (g)**	**% Calories from fat**	**Saturated fat (g)**	**% Calories from Saturated fat**	**Sodium (mg)**	**Fiber (g)**	**Total sugars (g)**	**Grams of sugars per ounce: ≤ 4 g**	**Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols**	**Standard met: No caffeine**	**Vendors**	**Product code and notes**	**Review date**	No artificial flavors or colors	No high fructose corn syrup
Ripple Foods	Ripple Plant-Based Milk Vanilla, 8 fl oz aseptic container	8	yes	130	4.5	31.2%	0.5	3.5%	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
Stremick's Heritage Foods	8th Continent Soymilk, Original, 8 fl oz (half gallon refrigerated container)	8	yes	100	2.5	22.5%	0.0	0.0%	85	0	11	1.38	yes	yes		UPC 0-53859-07066-3	5/24/16	X	X
Stremick's Heritage Foods	8th Continent Soymilk, Vanilla, 8 fl oz (half gallon refrigerated container)	8	yes	80	2.5	28.1%	0.0	0.0%	95	0	7	0.88	yes	yes		UPC 0-53859-07067-0	5/24/16	X	
Sunrich Naturals	Sunrich Naturals Organic Soymilk, Vanilla, 8 fl oz (quart aseptic container)	8	yes	120	4.5	33.8%	0.5	3.8%	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
Sunrich Naturals	Sunrich Naturals Soymilk, Vanilla, 8 fl oz aseptic container	8	yes	130	4.5	31.2%	0.5	3.5%	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