

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, and the USDA Smart Snacks nutrition standards for competitive foods. Nondairy beverages must comply with the USDA nutrition standards for fluid milk substitutes (see Allowable Milk Substitutes for Children Without Disabilities in School Nutrition Programs (<http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Milksub.pdf>)). 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 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. For more information, see Submitting Food and Beverage Products for Approval (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/SubmitProduct.pdf>).

The CSDE's List of Acceptable Foods and Beverages 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, see Contact Information for Vendors (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/VendorContact.pdf>).

For additional information on complying with the state beverage statute, see the CSDE's handouts, Allowable Beverages in Connecticut Public Schools (<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/AllowableBeverages.pdf>) and Questions and Answers on Connecticut Statutes for School Food and Beverages (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CTStatutesQA.pdf>), and the CSDE's Beverages webpage (<https://portal.ct.gov/SDE/Nutrition/Beverage-Requirements/Documents>).

**DAIRY ALTERNATIVE BEVERAGES,**  
including soy milk, rice milk and other  
nondairy milks

ELEMENTARY: Portion size limit of 8 fluid ounces

MIDDLE AND HIGH: 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 Nutrition Standards for Milk Substitutes	STATE AND FEDERAL REQUIREMENTS FOR DAIRY ALTERNATIVE BEVERAGES (G.C.S. Section 10-221q, USDA Regulations and USDA Smart Snacks)										Better Choice Recommendations							
				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?	Vendor	Notes	Date of Review	No partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
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
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

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Manufacturer	Beverage Item	Package or Serving Size	Meets USDA Nutrition Standards for Milk Substitutes	Calories	Fat (g)	≤35% of total calories	Saturated Fat (g)	<10% of total calories	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g)	≤4 grams total sugars per ounce	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
						% Calories from Fat		% Calories from Saturated Fat					No artificial sweeteners, nonnutritive sweeteners or sugar alcohols								
Kirkland Signature	Organic Soymilk, Plain, 8 fl oz (half gallon aseptic container)	8 fl oz	yes	80	2.5	28.1%	0.0	0.0%	0	95	0	7	0.88	yes	yes	Costco	UPC 0-96619-49000-4	5/24/16	X		X
Pacific Foods	Ultra Soy All Natural Nondairy Beverage, Original, 8 fl oz single-serve aseptic container	8 fl oz	yes	140	5	32.1%	0.5	3.2%	0	150	1	8	1.00	yes	yes	Sysco CT (special order)	Single-serving Container UPC 0-52603-08311-9	5/24/16	X	X	X
Pacific Foods	Ultra Soy All Natural Nondairy Beverage, Vanilla, 8 fl oz (quart aseptic container)	8 fl oz	yes	140	5	32.1%	0.5	3.2%	0	150	1	10	1.25	yes	yes	Sysco CT (special order)	Bulk (32 fl oz) UPC 0-52603-08225-9	5/24/16	X	X	X
Pacific Foods	Ultra Soy All Natural Nondairy Beverage, Vanilla, 8 fl oz serving (from 32 fl oz aseptic container)	8 fl oz	yes	150	6	36.0%*	1.0	6.0%	0	130	2	11	1.38	yes	yes	Sysco CT (special order)	Item 08225 (32 fl oz) UPC 0-52063-08825-9; Case (12 count) 100-52063-08825-6. * The manufacturer has documented that the unrounded nutrition data for calories from fat is 34.0%, which complies with the fat standard.	11/14/19	X	X	X
Pacific Foods	Ultra Soy All Natural Nondairy Beverage, Original, 8 fl oz serving (from 32 fl oz aseptic container)	8 fl oz	yes	150	5	30.0%	0.5	3.0%	0	150	1	8	1.00	yes	yes	Sysco CT (special order)	Bulk (32 fl oz) UPC 0-52603-08200-6	5/24/16	X	X	X

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						% Calories from Fat		% Calories from Saturated Fat					No artificial sweeteners, nonnutritive sweeteners or sugar alcohols								
Pacific Foods	Ultra Soy Plant-Based Beverage, Original, 8 fl oz (from 32 fl oz aseptic container)	8 fl oz	yes	140	6	36.0%*	1.0	6.4%	0	130	2	9	1.13	yes	yes		Bulk (32 fl oz) UPC 0-52603-08200-6; Case (12 count). * The manufacturer has documented that the unrounded nutrition data for calories from fat is 34.0%, which complies with the fat standard.	11/7/19	X	X	X
Pacific Foods	Ultra Soy Plant-Based Beverage, Original, 8 fl oz aseptic container	8 fl oz	yes	140	6	36.0%*	1.0	6.4%	0	130	2	9	1.13	yes	yes		UPC 0-52603-08311-9; Case (24 count). * The manufacturer has documented that the unrounded nutrition data for calories from fat is 34.0%, which complies with the fat standard.	11/7/19	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
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

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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?	Vendor	Notes	Date of Review	No partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
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