

SY2018-2019
School Food Services Pilot Project

USDA-approved Fluid Milk Substitute

PACIFIC ULTRA SOY MILK (Original 8 fl. oz.)

May be served as:

1. A milk substitute for breakfast or lunch OR
2. An a la carte item for \$1.00



Common Questions:

1. Why is this pilot project being conducted?

Public schools in Hawaii want to know if students would like another fluid milk option. Soy milk is nutritious and offers many of the same nutrients as fluid milk, such as protein and calcium. Let your voice be heard by giving direct feedback!

2. What is soy?

Soy comes from the soybean and is a part of the protein food group. It is a plant-based protein that offers all essential proteins and is, therefore, a good alternative to meat. Soy milk provides both protein and calcium, similar to cow's milk. Soy milk is a healthy alternative to cow's milk.

3. Benefits to Soy milk:

- High in protein and calcium
- Environmentally friendly
- Contains “heart-healthy” fats
- Can help decrease blood cholesterol
- Good for bone health