



**North Canton YMCA Child Development Center**  
**CACFP Menu for Children: Week of July 1-5**

Menu	Component	Ages 1-2	Ages 3-5	Ages 6-18	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup	Milk	Milk	Milk		Milk
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz					
	Vegetable	1/2 cup	1/2 cup	3/4 cup				Closed	
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cold Cereal	Strawberry Yogurt	Cold Cereal		Cold Cereal
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk		Milk
	Meat/Meat Alternates	1 oz	1.5 oz	2 oz	Turkey Hotdog	Pasta with Meat Sauce	Fish Patty	Closed	Hamburger
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Baked Beans	Green Beans	Sliced Carrots		Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit	Applesauce	Pineapple Tidbits		Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hotdog Bun	WG Elbow Pasta	WG Hamburger Bun	Closed	WG Hamburger Bun
PM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz					
	Vegetable	1/2 cup	1/2 cup	3/4 cup				Closed	
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Apple Juice	100% Peach Mango Juice	100% White Grape Juice		100% Cherry Juice
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cheez It's	Strawberry Chex Mix	Pretzels *12mos crackers		Goldfish

This institution is an equal opportunity provider. Select 2 of the 5 components for snack. Cereal: Cheerios, Frosted Mini Wheats, Cinnamon Toast Crunch, Rice Krispies, & Kix. Meat & Meat Alternates may be used to substitute the entire grains component a maximum of 3 times per week. Oz eq=ounces equivalents.



**North Canton YMCA Child Development Center**  
**CACFP Menu for Children: Week of July 8-12**

Menu	Component	Ages 1-2	Ages 3-5	Ages 6-18	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cold Cereal	WG Waffle	Cold Cereal	Strawberry Banana Yogurt	Cold Cereal
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternates	1 oz	1.5 oz	2 oz	Sloppy Joes	Taco Cheese	Meatballs in Sauce	Turkey Hotdog	Chicken Patty Sandwich
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans	Corn	Peas	Baked Beans	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Diced Pears	Mandarin Oranges	Tropical Fruit	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hamburger Bun	WG Tortilla Wrap	WG Bread & Butter	WG Hotdog Bun	WG Hamburger Bun
PM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz		String Cheese			
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Tangerine Juice		100% Cherry Juice	100% Apple Juice	100% Fruit Punch Juice
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Pretzels*12mos crackers	Club Crackers	Cheez It's	Teddy Grams	Goldfish

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## North Canton YMCA Child Development Center CACFP Menu for Children: Week of July 15-19

Menu	Component	Ages 1-2	Ages 3-5	Ages 6-18	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cold Cereal	WG Pancakes	Cold Cereal	Banana	Cold Cereal
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternates	1 oz	1.5 oz	2 oz	Taco Bake Cheese	Chicken Tender	Salisbury Steak	Breakfast Scramble	Beef Stroganoff
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Corn	Sliced Carrots	Peas	Green Beans	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Diced Pears	Applesauce	Pineapple Tidbits	Orange Slices Under 36 mos Mandarin Oranges	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Elbow Pasta	WG Dinner Roll & Butter	WG Bread & Butter	WG Tortilla Wrap	WG Elbow Pasta
PM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz			String Cheese		
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Fruit Punch Juice	100% Apple Juice		100% Peach Mango Juice	Apple *Under 36mos Applesauce
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Teddy Grams	Cheez it's	Club Crackers	Goldfish	Cheerios

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## North Canton YMCA Child Development Center

### CACFP Menu for Children: Week of July 22-26

Menu	Component	Ages 1-2	Ages 3-5	Ages 6-18	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cold Cereal	WG Waffles	Cold Cereal	Strawberry Yogurt	Cold Cereal
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternates	1 oz	1.5 oz	2 oz	Turkey Hotdog	Chicken Parmesan	Meatballs in Sauce	Chicken Alfredo	Sloppy Joes
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Baked Beans	Green Beans	Corn	Cucumber Slices & Ranch Dip	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pineapple Tidbits	Mandarin Oranges	Tropical Fruit	Diced Peaches	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hotdog Bun	WG Dinner Roll	WG Bread & Butter	WG Penne Pasta	WG Hamburger Bun
PM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz		String Cheese			
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Apple Juice	Ritz Crackers	100% Cherry Juice	Banana	100% Tangerine Juice
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cheez It's		Strawberry Chex Mix	Teddy Gram	Pretzels *12mos crackers

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**North Canton YMCA Child Development Center**  
**CACFP Menu for Children: Week of July 29-31**

Menu	Component	Ages 1-2	Ages 3-5	Ages 6-18	Monday	Tuesday	Wednesday		
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup	Milk	Milk	Milk		
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cold Cereal	WG Pancakes	Cold Cereal		
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk		
	Meat/Meat Alternates	1 oz	1.5 oz	2 oz	Egg Patty & Turkey Sausage	Chicken & Noodles	Hamburger		
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans	Peas	Baked Beans		
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Diced Peaches	Diced Pears		
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Biscuit & Butter	WG Penne Pasta	WG Hamburger Bun		
PM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% White Grape Juice	100% Fruit Punch Juice	100% Apple Juice		
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Teddy Grams	Goldfish	Chex Mix		

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