



**North Canton YMCA Child Development Center
CACFP Menu for Children: Week of October 1-4**

Menu	Component	Ages 1-2	Ages 3-5	Ages 6-18		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					
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		Diced Peach Cup	Cold Cereal	Apple *Under 36 mos Applesauce	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		Chicken & Noodles	Taco Cheese	BBQ Meatballs	Chicken Patty
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Peas	Corn	Sliced Carrots	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup		Mandarin Oranges	Tropical Fruit	Diced Pears	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		WG Penne Pasta	WG Tortilla Wrap	WG Bread & Butter	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% Fruit Punch	100% Tangerine Juice	Mixed Fruit Cup	100% Cherry Juice
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		Strawberry Chex Mix	Cheez It's	Ritz 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 October 7-11**

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	Mixed Fruit Cup	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	Sloppy Joes	Turkey Sausage & Egg Patty	Meatballs in Sauce	Turkey Hotdog	Chicken Tenders
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Sliced Carrots	Green Beans	Peas	Baked Beans	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Diced Peaches	Mandarin Oranges	Tropical Fruit	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hamburger Bun	WG Biscuit & Butter	WG Bread & Butter	WG Hotdog Bun	WG Bread & Butter
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	Pretzel *12 mos crackers	Club Crackers	Cheez It's	Strawberry Chex Mix	Goldfish

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**North Canton YMCA Child Development Center
CACFP Menu for Children: Week of October 14 -18**

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	Diced Peach Cup	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	Fish Patty	Taco Cheese	Chicken Pot Pie	Breakfast Scramble	Beef Stroganoff
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Baked Beans	Corn	Sliced Carrots	Green Beans	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Tropical Fruit	Pineapple Tidbits	Orange Slices Under 36 mos Mandarin Oranges	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hamburger Bun	WG Tortilla Wrap	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	Pretzel Goldfish	Cheez it's	Club Crackers	Goldfish	Cheerios

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**North Canton YMCA Child Development Center
CACFP Menu for Children: Week of October 21 –25**

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	Mixed Fruit Cup	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	Pasta with Meat Sauce	Chicken Parmesan	Turkey Hotdog	Chicken Alfredo	Salisbury Steak
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Corn	Green Beans	Baked Beans	Peas	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit	Mandarin Oranges	Pineapple Tidbits	Diced Peaches	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Elbow Pasta	WG Bread & Butter	WG Hotdog Bun	WG Penne Pasta	WG Dinner Roll
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	Pretzel Goldfish	Pretzels *12mos crackers

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North Canton YMCA Child Development Center
CACFP Menu for Children: Week of October 28 –31

Menu	Component	Ages 1-2	Ages 3-5	Ages 6-18	Monday	Tuesday	Wednesday	Thursday	
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					
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cold Cereal	Mandarin Oranges Cup	Cold Cereal	Banana	
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	
	Meat/Meat Alternates	1 oz	1.5 oz	2 oz	Fish Patty	Meatball with Beef Gravy	Chicken Patty	Chili Mac	
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Sliced Carrots	Peas	Corn	Green Beans	
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Pineapple Tidbits	Diced Peaches	Diced Pears	
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hamburger Bun	WG Dinner Roll	WG Hamburger Bun	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% White Grape Juice	100% Apple Juice	100% Tangerine Juice		
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Strawberry Chex Mix	Goldfish	Pretzels *12 mos crackers	Club Crackers	

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