



North Canton YMCA Child Development Center CACFP Menu for Children: Week of November 1

*The following major food allergens are used as ingredients: Milk, Egg, Fish, Wheat, Soy, and Sesame. Please speak to one of our staff for more information about these ingredients.

Menu	Component	Ages 1-2	Ages 3-5	Ages 6-18					Friday
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					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
Lunch	Milk	1/2 cup	3/4 cup	1 cup					Milk
	Meat/Meat Alternates	1 oz	1.5 oz	2 oz					Hamburger
	Vegetable	1/8 cup	1/4 cup	1/2 cup					Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup					Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2					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% Cherry Juice
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2					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 November 4-8

*The following major food allergens are used as ingredients: Milk, Egg, Fish, Wheat, Soy, and Sesame. Please speak to one of our staff for more information about these ingredients.

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 Macaroni Salad
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

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 November 11-15

*The following major food allergens are used as ingredients: Milk, Egg, Fish, Wheat, Soy, and Sesame. Please speak to one of our staff for more information about these ingredients.

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	Beef Stroganoff	Breakfast Scramble
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Baked Beans	Corn	Green Beans	Mashed Sweet Potatoes	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Tropical Fruit	Pineapple Tidbits	Diced Pears	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hamburger Bun	WG Tortilla Wrap	WG Bread & Butter	WG Elbow	WG Tortilla Wrap
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

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



North Canton YMCA Child Development Center CACFP Menu for Children: Week of November 18-22

*The following major food allergens are used as ingredients: Milk, Egg, Fish, Wheat, Soy, and Sesame. Please speak to one of our staff for more information about these ingredients.

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	Beef Rotini	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 Rotini Pasta	WG Bread & Butter	WG Hotdog Bun	WG Penne Pasta	WG Elbow Mac & Cheese
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

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 November 25-29

*The following major food allergens are used as ingredients: Milk, Egg, Fish, Wheat, Soy, and Sesame. Please speak to one of our staff for more information about these ingredients.

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		
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz				Closed	Closed
	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		
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk		
	Meat/Meat Alternates	1 oz	1.5 oz	2 oz	Chicken and Noodles	Meatball with Beef Gravy	Chicken Patty	Closed	Closed
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Sliced Carrots	Peas	Corn		
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Pineapple Tidbits	Diced Peaches		
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Penne Pasta	WG Dinner Roll	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				Closed	Closed
	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		

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.