



North Canton YMCA Child Development Center CACFP Menu for Children: Week of January 1-3

*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			Wednesday	Thursday	Friday
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup				Milk	Milk
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz			Closed	Strawberry Yogurt	
	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	Milk
	Meat/Meat Alternates	1 oz	1.5 oz	2 oz			Closed	Hamburger	Chicken Alfredo
	Vegetable	1/8 cup	1/4 cup	1/2 cup				Baked Beans	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup				Applesauce	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2			Closed	WG Hamburger Bun	WG Penne 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			Closed		
	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				Club Crackers	Goldfish

This institution is an equal opportunity provider. Select 2 of the 5 components for snack. Cereal, 24mos & under Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, & Kix. Cereal 36mos & older Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, Kix, Mini Wheats & Corn Flakes. Meat & Meat Alternates may be used to substitute, the entire grains component a maximum of 3 times per week. Oz eq = ounces equivalent.



North Canton YMCA Child Development Center CACFP Menu for Children: Week of January 6-10

*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				Strawberry Yogurt	
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup		Diced Peach Cup			
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cold Cereal		Cold Cereal		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	Sweet & Sour Meatballs	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	Pineapple Tidbits	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 & 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% 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 January 13-17

*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		Applesauce Cup		Banana	
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cold Cereal		Cold Cereal		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	Turkey Hotdog
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Baked Beans	Corn	Mashed Sweet Potatoes	Green Beans	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 Pasta	WG Hotdog 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% Fruit Punch Juice	100% Apple Juice		100% Peach Mango Juice	Diced Peach Cup
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Pretzel Goldfish	Cheez it's	Club Crackers	Goldfish	Ritz Crackers

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North Canton YMCA Child Development Center CACFP Menu for Children: Week of January 20-24

*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				Strawberry Yogurt	
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup		Mandarin Oranges			
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cold Cereal		Cold Cereal		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 Cheese	Turkey Hotdog	Sloppy Joes	Chicken Alfredo	Salisbury Steak
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Corn	Baked Beans	Green Beans	Peas	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit	Pineapple Tidbits	Applesauce	Diced Peaches	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Tortilla Wrap	WG Hotdog Bun	WG Hamburger 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	100% White Grape Juice		100% Cherry Juice	100% Tangerine Juice
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cheez It's	Strawberry Chex Mix	Club Crackers	Goldfish	Pretzels *12mos crackers

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North Canton YMCA Child Development Center

CACFP Menu for Children: Week of January 27-31

*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				Strawberry Yogurt	
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup		Mandarin Orange Cup			
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cold Cereal		Cold Cereal		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	Chicken and Noodles	Meatball Sub	Taco Cheese	Hamburger	Egg Patty Turkey Sausage
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Sliced Carrots	Peas	Corn	Baked Beans	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Pineapple Tidbits	Diced Peaches	Mandarin Oranges	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Penne Pasta	WG Hotdog Bun	WG Tortilla Warp	WG Hamburger 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% White Grape Juice	100% Apple Juice	100% Tangerine Juice		100% Fruit Punch
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Strawberry Chex Mix	Goldfish	Pretzels *12mos Crackers	Ritz Crackers	Cheez It's

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