



## North Canton YMCA Child Development Center CACFP Menu for Children: Week of March 3-7

\*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					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cold Cereal	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 Patty	Taco Cheese	Pasta w/Meat sauce	BBQ Meatballs	Turkey Hotdog
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans	Corn	Peas	Sliced Carrots	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Diced Pears	Diced Peaches	Canned Apple Slices	Applesauce	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hamburger Bun	WG Tortilla Wrap	WG Elbow Pasta	WG Bread & Butter	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% Tangerine Juice	100% White Grape Juice	100% Raspberry Orange Juice		Diced Pear Cup
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Pretzels*12mos crackers	Cheez It's	Cheddar Cheese Chex Mix	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, & 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 March 10-14

\*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 Banana 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	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	Hamburger	Chicken Alfredo
	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 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					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Tangerine Juice		100% Peach Mango Juice	100% Apple Juice	Applesauce Cup
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Goldfish	Club Crackers	Cheez It's	Pretzel Goldfish	Strawberry Chex Mix

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, & 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 March 17-21

\*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					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cold Cereal	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	Meatball Sub	Taco Cheese	Salisbury Steak	Chicken Pot Pie	Meat Sauce w/ Pasta
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans	Corn	Sliced Carrots	Peas	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Tropical Fruit	Pineapple Tidbits	Canned Apple Slices	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hotdog Bun	WG Tortilla Wrap	WG Bread & Butter	WG Elbow Pasta	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% White Grape Juice		100% Peach Mango Juice	Diced Peach Cup
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cheez It's	Pretzels *12mos Crackers	Club Crackers	Goldfish	Ritz Crackers

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, & 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 March 24-28

\*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
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz			Strawberry Banana Yogurt		
	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		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	Closed	Turkey Hotdog	Sloppy Joes	Chicken Alfredo	Hamburger
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Sliced Carrots	Green Beans	Peas	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Closed	Pineapple Tidbits	Applesauce	Diced Peaches	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		WG Hotdog Bun	WG Hamburger Bun	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	Closed		String Cheese		
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	Closed	100% Raspberry Orange Juice		100% Cherry Juice	Mandarin Orange Cup
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		Strawberry Chex Mix	Club Crackers	Goldfish	Pretzels *12mos crackers

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, & 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 March 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				
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	Chicken and Noodles				
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Sliced Carrots				
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce				
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	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					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% White Grape Juice				
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Strawberry Chex Mix				

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, & 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.