



## North Canton YMCA Child Development Center

### CACFP Menu for Children: Week of October 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	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
Lunch	Milk	1/2 cup	3/4 cup	1 cup			Milk	Milk	Milk
	Meat/Meat Alternates	1 oz	1.5 oz	2 oz			Hamburger	Turkey Hotdog	BBQ Meatballs
	Vegetable	1/8 cup	1/4 cup	1/2 cup			Corn	Sliced Carrots	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup			Mandarin Oranges	Diced Pears	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2			WG Hamburger Bun	WG Hotdog Bun	WG Corn Bread
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	Banana
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2			Ritz Crackers	Goldfish	Club 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 October 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 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	Taco Cheese	Chicken Tenders	Meatball Sub	Hamburger	Chicken Alfredo
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Corn	Sliced Carrots	Peas	Baked Beans	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Diced Pears	Pineapple Tidbits	Tropical Fruit	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Tortilla Wrap	WG Bread & Butter	WG Hotdog Bun	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% Strawberry Banana Juice	100% Tangerine Juice		100% Apple Juice	Banana
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Pretzels *12mos crackers	Cheez It's	Club Crackers	Blueberry Muffins	Strawberry Chex Mix

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# North Canton YMCA Child Development Center

## CACFP Menu for Children: Week of October 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			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	Sweet & Sour Meatballs	Chicken Parmesan	Salisbury Steak	Chicken Pot Pie	Meat Sauce w/ Pasta
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas	Corn	Sliced Carrots	Green Beans	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Tropical Fruit	Pineapple Tidbits	Applesauce	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Dinner Roll	WG Bread & Butter	WG Bread & Butter	WG Dinner Roll	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		Strawberry Banana Yogurt
	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	100% Cherry Juice
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cheez It's	Pretzels*12 mos crackers	Club Crackers	Bagel w/ Jelly	

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# North Canton YMCA Child Development Center

## CACFP Menu for Children: Week of October 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 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	Turkey Hotdog	Beef Stroganoff	Fish Patty	Chicken Tenders	Hamburger
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Baked Beans	Sliced Carrots	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 Hotdog Bun	WG Elbow Pasta	WG Hamburger Bun	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			String Cheese		
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Mountain Berry Juice	100% Raspberry Juice		100% Strawberry Banana Juice	Applesauce Cup
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Corn Bread	Strawberry Chex Mix	Club Crackers	Blueberry Muffin	Carmel Mini Rice Chex

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# North Canton YMCA Child Development Center

## CACFP Menu for Children: Week of October 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					
	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 Sandwich	Corndog	Sloppy Joes	Chicken & Noodles	Meatballs w/ Red Sauce
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans	Baked Beans	Sliced Carrots	Peas	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pineapple Tidbits	Applesauce	Diced Pears	Diced Peaches	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hamburger Bun	WG Bread & Butter	WG Hamburger Bun	WG Penne Pasta	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					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Apple Juice	100% Tangerine Juice	100% Watermelon Juice	100% Raspberry Juice	100% White Grape Juice
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cheddar Chex Mix	Carmel Mini Rice Cakes	Pretzels*12mos crackers	Bagel w/Jelly	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.