



## North Canton YMCA Child Development Center

### CACFP Menu for Children: Week of January 1-2

\*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				Thursday	Friday
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					Milk
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz				Closed	
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup				Closed	
	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				Closed	BBQ Meatballs
	Vegetable	1/8 cup	1/4 cup	1/2 cup	P				Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup				Closed	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2					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				Closed	
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup				Closed	Apples *under 36mos canned apples
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2					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 January 5-9

\*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 January 12-16

\*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	Green Beans	Mashed Potatoes	Corn on the cob *24mos corn	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Orange Slices *under 36 mos Mandarin Oranges	Tropical Fruit	Pineapple Tidbits	Diced Peaches	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Dinner Roll	WG Bread & Butter	WG Bread & Butter	WG Biscuit & Butter	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	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	Goldfish

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## North Canton YMCA Child Development Center

### CACFP Menu for Children: Week of January 19-23

\*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	Turkey Hotdog	Beef Stroganoff	Egg Patty Turkey Sausage	Chicken Patty	Sloppy Joes
	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	Applesauce	Pineapple Tidbits	Diced Pears	Diced Peaches	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hotdog Bun	WG Elbow Pasta	WG Bread & Butter	WG Hamburger Bun	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% Apple Juice	Apples *24mos under Applesauce
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Corn Bread	Cheddar Chex	Ritz Crackers	Bagels w/jelly	Goldfish Pretzels

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## North Canton YMCA Child Development Center

### CACFP Menu for Children: Week of January 26-30

\*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	Pasta w/meat sauce	Taco Cheese	Corndog	Sloppy Joes	Sweet & Sour Meatballs
	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	Diced Peaches	Tropical Fruit	Pineapple Tidbits	Diced Pears	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Elbow Pasta	WG Tortilla Wrap	WG Bread & Butter	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					
	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% Berry Juice	100% Cherry Juice	100% Peach Mango Juice
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Goldfish	Strawberry Chex Mix	Pretzels *12 mos crackers	Blueberry Muffin	Cheez It's

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