



North Canton YMCA Child Development Center

CACFP Menu for Children: Week of April 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			Turkey Hotdog	Chicken Tender	BBQ Meatballs
	Vegetable	1/8 cup	1/4 cup	1/2 cup			Baked Beans	Green Beans	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup			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 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% Berry Juice	Apples *under 36mos canned apples
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2			Ritz Crackers	Pretzels *12 mos Crackers	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, 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 April 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	Beef Taco Cheese	Chicken Pot Pie	Sweet & Sour Meatballs	Hamburger	Chicken Alfredo
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Corn	Green Beans	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 Biscuits & Butter	WG Dinner Roll	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 April 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	Turkey Hotdog	Chicken Parmesan	Salisbury Steak	BBQ Pulled Chicken Sandwich	Meat Sauce w/ Pasta
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas	Sliced Carrots	Mashed Potatoes	Green Beans	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Orange Slices *under 36 mos Mandarin	Tropical Fruit	Pineapple Tidbits	Diced Peaches	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hotdog Bun	WG Bread & Butter	WG Bread & Butter	WG Hamburger Bun	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 April 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	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	Chicken Gravy	Beef Stroganoff	Chicken Taco Cheese	Chicken Patty	Egg Patty Turkey Sausage
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Mashed Potatoes	Sliced Carrots	Green Beans	Peas	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit	Pineapple Tidbits	Diced Pears	Diced Peaches	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Biscuit & Butter	WG Elbow Pasta	WG Tortilla Wrap	WG Hamburger Bun	WG Waffle
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	Blueberry Muffins	Goldfish Pretzels

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North Canton YMCA Child Development Center CACFP Menu for Children: Week of April 27-30

*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	
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup	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	
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	
	Meat/Meat Alternates	1 oz	1.5 oz	2 oz	Sweet & Sour Chicken	Beef Taco Cheese	Hamburger	Grilled Cheese Sandwich	
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas	Corn	Baked Beans	Green Beans	
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pineapple Tidbits	Tropical Fruit	Diced Peaches	Diced Pears	
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Dinner Roll & Butter	WG Tortilla Wrap	WG Hamburger Bun	WG 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% Cherry Juice	100% Tangerine Juice		100% Raspberry Juice	
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Goldfish	Strawberry Chex Mix	Ritz Crackers	Applesauce Cup	

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