



North Canton YMCA Child Development Center

CACFP Menu for Children: Week of July 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			Strawberry Banana Yogurt		
	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	Milk	
	Meat/Meat Alternates	1 oz	1.5 oz	2 oz			Turkey Hotdog	BBQ Pulled Chicken	
	Vegetable	1/8 cup	1/4 cup	1/2 cup			Green Beans	Peas	Closed
	Fruit	1/8 cup	1/4 cup	1/4 cup			Diced Peaches	Pineapple Tidbits	
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2			WG Hotdog 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					Closed
	Fruit	1/2 cup	1/2 cup	3/4 cup				100% Peach Mango Juice	
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2			Club Crackers	Bagels w/Jelly *24mo 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, 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 July 6-10

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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	Grilled Cheese Sandwich	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	Mandarin Oranges	Pineapple Tidbits	Tropical Fruit	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Tortilla Wrap	WG Bread	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% 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 July 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	Meatball Sub	Chicken Patty	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 Hamburger Bun	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 July 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	Turkey Hotdog	Sloppy Joes	BBQ Meatballs	Beef Stroganoff	Chicken Patty
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Baked Beans	Peas	Green Beans	Sliced Carrots	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit	Diced Peaches	Diced Pears	Pineapple Tidbits	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hotdog Bun	WG Hamburger Bun	WG Bread & Butter	WG Elbow 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			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 Pretzel *12mo crackers	Cheddar Chex	Ritz Crackers	Blueberry Muffins	Goldfish Pretzels

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North Canton YMCA Child Development Center

CACFP Menu for Children: Week of July 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	Hamburger	Beef Taco Cheese	Chicken & Noodles	Turkey Hotdog	Chicken Tenders
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Baked Beans	Corn	Peas	Green Beans	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Diced Pears	Tropical Fruit	Mandarin Oranges	Tropical Fruit	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hamburger Bun	WG Tortilla Wrap	WG Penne Pasta	WG Hotdog 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% Raspberry Juice	100% Tangerine Juice		100% Watermelon	100% Apple Juice
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Goldfish	Strawberry Chex Mix	Ritz Crackers	Pretzels *12mos crackers	Cheez It's

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