



# North Canton YMCA Child Development Center

# CACFP Menu for Infants: September 1-30

\*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       | Age            | Portion Size/Component                                                                                                                                                                                                                                                    | Monday              | Tuesday       | Wednesday           | Thursday       | Friday              |
|------------|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|---------------|---------------------|----------------|---------------------|
| AM Snack** | Birth-5 months | 4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>                                                                                                                                                                                                       | IFIF                | IFIF          | IFIF                | IFIF           | IFIF                |
|            | 6-11 Months    | 2-4 fl. Oz breastmilk <sup>1</sup> or formula <sup>2</sup> , and                                                                                                                                                                                                          | IFIF                | IFIF          | IFIF                | IFIF           | IFIF                |
|            |                | 0-½ slice of bread/bread-like items (0-½ oz. eq.) <sup>6</sup> ; or crackers (0-¼ oz. eq.) <sup>6</sup> ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) <sup>2,6</sup> ; or ready-to-eat breakfast cereal (0-¼ oz eq) <sup>4,6,7</sup> ; and                                   | Ready to Eat Cereal | Infant Cereal | Ready to Eat Cereal | Infant Cereal  | Ready to Eat Cereal |
|            |                | 0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>                                                                                                                                                                                                     | Peaches             | Carrots       | Applesauce          | Green Beans    | Pears               |
| Lunch      | Birth-5 months | 4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>                                                                                                                                                                                                       | IFIF                | IFIF          | IFIF                | IFIF           | IFIF                |
|            | 6-11 Months    | 6-8 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; and                                                                                                                                                                                                 | IFIF                | IFIF          | IFIF                | IFIF           | IFIF                |
|            |                | 0-4 Tbsp. infant cereal ( 0-½ oz. eq.) <sup>2</sup> ,meat, fish, poultry, whole egg,cooked dry beans or cooked dry peas; or0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and | Infant Cereal       | Infant Cereal | Infant Cereal       | Infant Cereal  | Infant Cereal       |
|            |                | 0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>                                                                                                                                                                                                     | Sweet Potatoes      | Pears         | Squash              | Bananas        | Green Beans         |
| PM Snack** | Birth-5 months | 4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>                                                                                                                                                                                                       | IFIF                | IFIF          | IFIF                | IFIF           | IFIF                |
|            | 6-11 Months    | 2-4 fl. oz breastmilk <sup>1</sup> or formula <sup>2</sup> , and                                                                                                                                                                                                          | IFIF                | IFIF          | IFIF                | IFIF           | IFIF                |
|            |                | 0-½ slice of bread/bread-like items (0-½ oz. eq.) <sup>6</sup> ; or or crackers (0-¼ oz. eq.) <sup>6</sup> ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) <sup>2,6</sup> ; or ready-to-eat breakfast cereal (0-¼ oz eq) <sup>4,6,7</sup> ; and                                | Club Crackers       | Ritz Crackers | Club Crackers       | Ritz Crackers  | Club Crackers       |
|            |                | 0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup> a combination of both <sup>4,5</sup>                                                                                                                                                                | Applesauce          | Squash        | Pears               | Sweet Potatoes | Peaches             |

This institution is an equal opportunity provider. 1. Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more. 2. Infant formula and dry infant cereal must be iron-fortified. 3. Yogurt must contain no more than 23 grams of total sugars per 6 ounces. 4. A serving of this component is required when the infant is developmentally ready to accept it. 5. Fruit and vegetable juices must not be served. 6. All grains served must be made with enriched or whole grain meal or flour. Ready-to-eat breakfast cereals and infant cereals that are fortified are also creditable. 7. Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). oz eq = ounce equivalents



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|------------|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|---------------------|---------------|---------------------|----------------|
| AM Snack** | Birth-5 months | 4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>                                                                                                                                                                                           | IFIF          | IFIF                | IFIF          | IFIF                | IFIF           |
|            | 6-11 Months    | 2-4 fl. Oz breastmilk <sup>1</sup> or formula <sup>2</sup> , and                                                                                                                                                                                              | IFIF          | IFIF                | IFIF          | IFIF                | IFIF           |
|            |                | 0-½ slice of bread/bread-like items (0-½ oz. eq.) 6; or crackers (0-¼ oz. eq.) 6; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) 2,6; or ready-to-eat breakfast cereal (0-¼ oz eq)4,6,7; and                                                                        | Infant Cereal | Ready to Eat Cereal | Infant Cereal | Ready to Eat Cereal | Infant Cereal  |
|            |                | 0-2 Tbsp. vegetables or fruit or a combination of both 4,5                                                                                                                                                                                                    | Pears         | Squash              | Bananas       | Sweet Potatoes      | Applesauce     |
| Lunch      | Birth-5 months | 4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>                                                                                                                                                                                           | IFIF          | IFIF                | IFIF          | IFIF                | IFIF           |
|            | 6-11 Months    | 6-8 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; and                                                                                                                                                                                     | IFIF          | IFIF                | IFIF          | IFIF                | IFIF           |
|            |                | 0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,meat, fish, poultry, whole egg,cooked dry beans or cooked dry peas; or0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and | Infant Cereal | Infant Cereal       | Infant Cereal | Infant Cereal       | Infant Cereal  |
|            |                | 0-2 Tbsp. vegetables or fruit or a combination of both4,5                                                                                                                                                                                                     | Peas          | Applesauce          | Carrots       | Peaches             | Green Beans    |
| PM Snack** | Birth-5 months | 4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>                                                                                                                                                                                           | IFIF          | IFIF                | IFIF          | IFIF                | IFIF           |
|            | 6-11 Months    | 2-4 fl. oz breastmilk <sup>1</sup> or formula <sup>2</sup> , and                                                                                                                                                                                              | IFIF          | IFIF                | IFIF          | IFIF                | IFIF           |
|            |                | 0-½ slice of bread/bread-like items (0-½ oz. eq.) 6; or or crackers (0-¼ oz. eq.) 6; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) 2,6; or ready-to-eat breakfast cereal (0-¼ oz eq)4,6,7; and                                                                     | Ritz Crackers | Club Crackers       | Ritz Crackers | Club Crackers       | Ritz Crackers  |
|            |                | 0-2 Tbsp. vegetables or fruit or a combination of both 4,5 a combination of both 4,5                                                                                                                                                                          | Peaches       | Carrots             | Squash        | Bananas             | Sweet Potatoes |

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