



## North Canton YMCA Child Development Center

### CACFP Menu for Children: Week of September 1-4

\*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 |  | Tuesday             | Wednesday     | Thursday               | Friday                         |
|------------|----------------------|------------|------------|-----------|--|---------------------|---------------|------------------------|--------------------------------|
| 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      |  |                     |               |                        |                                |
|            | 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                           |
|            | Meat/Meat Alternates | 1 oz       | 1.5 oz     | 2 oz      |  | Chicken Tenders     | Turkey Hotdog | Chicken & Noodles      | BBQ Meatballs                  |
|            | Vegetable            | 1/8 cup    | 1/4 cup    | 1/2 cup   |  | Corn                | Baked Beans   | Peas                   | Mixed Vegetables               |
|            | Fruit                | 1/8 cup    | 1/4 cup    | 1/4 cup   |  | Mandarin Oranges    | Diced Peaches | Pineapple Tidbits      | Mixed Fruit                    |
|            | Grain                | 1/2 oz eq2 | 1/2 oz eq2 | 1 oz eq2  |  | WG Bread & Butter   | WG Hotdog Bun | WG Penne Pasta         | 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    |               | 100% Peach Mango Juice | Apples *under 36mos Applesauce |
|            | Grain                | 1/2 oz eq2 | 1/2 oz eq2 | 1 oz eq2  |  | Strawberry Chex Mix | Club Crackers | Bagels w/Jelly         | Ritz 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 September 7-11

\*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 |        | Tuesday                 | Wednesday              | Thursday          | Friday              |
|------------|----------------------|------------|------------|-----------|--------|-------------------------|------------------------|-------------------|---------------------|
| 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      |        |                         |                        |                   |                     |
|            | Vegetable            | 1/2 cup    | 1/2 cup    | 3/4 cup   | Closed |                         |                        |                   |                     |
|            | 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                |
|            | Meat/Meat Alternates | 1 oz       | 1.5 oz     | 2 oz      |        | Grilled Cheese Sandwich | Sweet & Sour Meatballs | Hamburger         | Chicken Alfredo     |
|            | Vegetable            | 1/8 cup    | 1/4 cup    | 1/2 cup   | Closed | Green Beans             | Peas                   | Baked Beans       | Mixed Vegetables    |
|            | Fruit                | 1/8 cup    | 1/4 cup    | 1/4 cup   |        | Diced Pears             | Pineapple Tidbits      | Tropical Fruit    | Mixed Fruit         |
|            | Grain                | 1/2 oz eq2 | 1/2 oz eq2 | 1 oz eq2  |        | WG Bread                | 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   | Closed |                         |                        |                   |                     |
|            | Fruit                | 1/2 cup    | 1/2 cup    | 3/4 cup   |        | 100% Tangerine Juice    |                        | 100% Apple Juice  | Banana              |
|            | Grain                | 1/2 oz eq2 | 1/2 oz eq2 | 1 oz eq2  |        | 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 September 14-18

\*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      |                                                 |                          |                   |                             |                     |
|            | 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                 | 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 Stroganoff                                 | 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<br>*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 Elbow Pasta                                  | 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 September 21-25

\*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      |                           |                      |                             |                   |                                |
|            | 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       | 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             | Chicken Patty        | Egg Patty<br>Turkey Sausage | Beef Stroganoff   | Sloppy Joes                    |
|            | Vegetable            | 1/8 cup    | 1/4 cup    | 1/2 cup   | Mashed Potatoes           | 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 Biscuit & Butter       | WG Hamburger Bun     | WG Waffle                   | 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 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 September 28-30

\*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            |  |  |
|------------|----------------------|------------|------------|-----------|----------------------|---------------------|----------------------|--|--|
| 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      |                      |                     |                      |  |  |
|            | 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                 |  |  |
|            | Meat/Meat Alternates | 1 oz       | 1.5 oz     | 2 oz      | Hamburger            | Chicken Taco Cheese | Meatball w/red sauce |  |  |
|            | Vegetable            | 1/8 cup    | 1/4 cup    | 1/2 cup   | Baked Beans          | Corn                | Green Beans          |  |  |
|            | Fruit                | 1/8 cup    | 1/4 cup    | 1/4 cup   | Diced Pears          | Tropical Fruit      | Diced Peaches        |  |  |
|            | Grain                | 1/2 oz eq2 | 1/2 oz eq2 | 1 oz eq2  | WG Hamburger Bun     | WG Tortilla Wrap    | 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% Apple Juice    |                      |  |  |
|            | Grain                | 1/2 oz eq2 | 1/2 oz eq2 | 1 oz eq2  | Goldfish             | Strawberry Chex Mix | Club Crackers        |  |  |

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