

North Canton YMCA Child Development Center CACFP MENU-Infant			Date: Oct 12-16				
Meal	Age	Portion Size / Component	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Birth-5 Months	4-6 fl. oz. breastmilk ¹ or formula ²		IFIF	IFIF	IFIF	IFIF
	6-11 Months	2-4 fl. oz. breastmilk ¹ or formula ²		IFIF	IFIF	IFIF	IFIF
		2-4 fl. oz. breastmilk ¹ or formula ² ; and 0-½ slice bread/bread-like item (0-½ oz. eq. ^{1*} ; or crackers (0-½ oz. eq. ^{1*} ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) ^{2*} ; or ready-to-eat breakfast cereal (0-½ oz. eq.) ^{1*, 2*} ; and 0-2 Tbsp. vegetables or fruit, or a combination of both ^{4, 5}	Closed	Infant Cereal	Choice of Cheerios, Rice Chex, Kix, Cinnamon Toast	Infant Cereal	Choice of Cheerios, Rice Chex, Kix, Cinnamon Toast
Lunch	Birth-5 Months	0-2 Tbs. vegetables or fruit or a combination of both ^{4, 5}		Squash	Bananas	Sweet Potatoes	Applesauce
	6-11 Months	4-6 fl. oz. breastmilk ¹ or formula ²		IFIF	IFIF	IFIF	IFIF
		6-8 fl. oz. breastmilk ¹ or formula ² ; and 0-4 Tbsp. infant cereal (0-½ oz. eq. ^{1*} ; meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese; or 0-4 oz. 1/3 cup yogurt ^{2*} ; or a combination of the above ^{4*} ; and 0-2 Tbsp. vegetables or fruit, or a combination of both ^{4, 5}	Closed	Choice of Infant Cereal, Turkey, Chicken or Beef Puree	Choice of Infant Cereal, Turkey, Chicken or Beef Puree	Choice of Infant Cereal, Turkey, Chicken or Beef Puree	Choice of Infant Cereal, Turkey, Chicken or Beef Puree
PM Snack	Birth-5 Months	0-2 Tbs. vegetables or fruit or a combination of both ^{4, 5}		Applesauce	Carrots	Peaches	Green Beans
	6-11 Months	4-6 fl. oz. breastmilk ¹ or formula ²		IFIF	IFIF	IFIF	IFIF
		2-4 fl. oz. breastmilk ¹ or formula ² ; and 0-½ slice bread/bread-like item (0-½ oz. eq. ^{1*} ; or crackers (0-½ oz. eq.) ^{1*} ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) ^{2*} ; or ready-to-eat breakfast cereal (0-½ oz. eq.) ^{1*, 2*} ; and 0-2 Tbsp. vegetables or fruit, or a combination of both ^{4, 5}	Closed	Club Crackers	Ritz Crackers	Club Crackers	Ritz Crackers
		0-2 Tbs. vegetables or fruit or a combination of both ^{4, 5}		Carrots	Squash	Bananas	Sweet Potatoes

1. Breastmilk or formula, or portions of both, must be served. Breastmilk is recommended in place of formula from birth through 11 months.
 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. Fortified ready-to-eat breakfast cereals and infant cereals are also creditable.
 7. Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- Note: oz. eq. = ounce equivalents. Refer to current CACFP guidance for serving and crediting requirements.

This institution is an equal opportunity provider.

 North Canton YMCA Child Development Center CACFP MENU-Infant Date: Oct 19-23						
Meal	Age	Portion Size / Component	Monday	Tuesday	Wednesday	Thursday
AM Snack	Birth-5 Months	4-6 fl. oz. breastmilk ¹ or formula ²	IFIF	IFIF	IFIF	IFIF
	6-11 Months	2-4 fl. oz. breastmilk ¹ or formula ²	IFIF	IFIF	IFIF	IFIF
		2-4 fl. oz. breastmilk ¹ or formula ² ; and 0-½ slice bread/bread-like item (0-½ oz. eq.) ³ ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) ⁴ ; or ready-to-eat breakfast cereal (0-½ oz. eq.) ^{4,5,7} ; and 0-2 Tbsp. vegetables or fruit, or a combination of both ^{4,5}	Infant Cereal	Choice of Cheerios, Rice Chex, Kix, Cinnamon Toast	Choice of Cheerios, Rice Chex, Kix, Cinnamon Toast	Infant Cereal
Lunch	Birth-5 Months	0-2 Tbs. vegetables or fruit or a combination of both ^{4,5}	Pears	Squash	Bananas	Sweet Potatoes
	6-11 Months	4-6 fl. oz. breastmilk ¹ or formula ²	IFIF	IFIF	IFIF	IFIF
		6-8 fl. oz. breastmilk ¹ or formula ²	IFIF	IFIF	IFIF	IFIF
PM Snack	Birth-5 Months	0-2 Tbs. vegetables or fruit or a combination of both ^{4,5}	Peas	Applesauce	Carrots	Peaches
	6-11 Months	4-6 fl. oz. breastmilk ¹ or formula ²	IFIF	IFIF	IFIF	IFIF
		2-4 fl. oz. breastmilk ¹ or formula ² ; and 0-½ slice bread/bread-like item (0-½ oz. eq.) ³ ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) ⁴ ; or ready-to-eat breakfast cereal (0-½ oz. eq.) ^{4,5,7} ; and 0-2 Tbsp. vegetables or fruit, or a combination of both ^{4,5}	Ritz Crackers	Club Crackers	Ritz Crackers	Club Crackers
		0-2 Tbs. vegetables or fruit or a combination of both ^{4,5}	Peaches	Carrots	Squash	Bananas
						Sweet Potatoes

1. Breastmilk or formula, or portions of both, must be served. Breastmilk is recommended in place of formula from birth through 11 months.
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. Fortified ready-to-eat breakfast cereals and infant cereals are also creditable.
7. Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

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North Canton YMCA Child Development Center							Date: Oct 26-30	
CACFP MENU-Infant								
Meal	Age	Portion Size / Component	Monday	Tuesday	Wednesday	Thursday	Friday	
AM Snack	Birth-5 Months	4-6 fl. oz. breastmilk ¹ or formula ²	IFIF	IFIF	IFIF	IFIF	IFIF	
	6-11 Months	2-4 fl. oz. breastmilk ¹ or formula ²	IFIF	IFIF	IFIF	IFIF	IFIF	
		2-4 fl. oz. breastmilk ¹ or formula ² ; and 0-½ slice bread/bread-like item (0-½ oz. eq.) ³ ; or crackers (0-¾ oz. eq.) ³ ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) ³ ; or ready-to-eat breakfast cereal (0-½ oz. eq.) ³ ; and 0-2 Tbsp. vegetables or fruit, or a combination of both ^{4,5}	Choice of Cheerios, Rice Chex, Kix, Cinnamon Toast	Infant Cereal	Choice of Cheerios, Rice Chex, Kix, Cinnamon Toast	Infant Cereal	Choice of Cheerios, Rice Chex, Kix, Cinnamon Toast	
Lunch	Birth-5 Months	0-2 Tbs. vegetables or fruit or a combination of both ^{4,5}	Pears	Squash	Bananas	Sweet Potatoes	Applesauce	
	6-11 Months	4-6 fl. oz. breastmilk ¹ or formula ²	IFIF	IFIF	IFIF	IFIF	IFIF	
		6-8 fl. oz. breastmilk ¹ or formula ²	IFIF	IFIF	IFIF	IFIF	IFIF	
PM Snack	Birth-5 Months	0-4 Tbsp. infant cereal (0-½ oz. eq.) ³ ; meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese; or 0-4 oz. 1/2 cup yogurt; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit, or a combination of both ^{4,5}	Choice of Infant Cereal, Turkey, Chicken or Beef Puree	Choice of Infant Cereal, Turkey, Chicken or Beef Puree	Choice of Infant Cereal, Turkey, Chicken or Beef Puree	Choice of Infant Cereal, Turkey, Chicken or Beef Puree	Choice of Infant Cereal, Turkey, Chicken or Beef Puree	
	6-11 Months	0-2 Tbs. vegetables or fruit or a combination of both ^{4,5}	Peas	Applesauce	Carrots	Peaches	Green Beans	
		4-6 fl. oz. breastmilk ¹ or formula ²	IFIF	IFIF	IFIF	IFIF	IFIF	
PM Snack	Birth-5 Months	2-4 fl. oz. breastmilk ¹ or formula ²	IFIF	IFIF	IFIF	IFIF	IFIF	
	6-11 Months	2-4 fl. oz. breastmilk ¹ or formula ² ; and 0-½ slice bread/bread-like item (0-½ oz. eq.) ³ ; or crackers (0-¾ oz. eq.) ³ ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) ³ ; or ready-to-eat breakfast cereal (0-½ oz. eq.) ³ ; and 0-2 Tbsp. vegetables or fruit, or a combination of both ^{4,5}	Ritz Crackers	Club Crackers	Ritz Crackers	Club Crackers	Ritz Crackers	
		0-2 Tbs. vegetables or fruit or a combination of both ^{4,5}	Peaches	Carrots	Squash	Bananas	Sweet Potatoes	

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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. Fortified ready-to-eat breakfast cereals and infant cereals are also creditable.
7. Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

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