



North Canton YMCA Child Development Center

CACFP MENU

Date: October 12-16

**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.

MEAL	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	Closed				
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		Cereal- Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, and Kix	Cereal- Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, and Kix	Cereal- Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, and Kix	Cereal- Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, and Kix
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat/ Meat Alternates	1 oz	1 1/2 oz	2 oz		Hamburger	Pasta w/Meat Sauce	Sloppy Joes	Macaroni & Cheese
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Baked Beans	Corn	Sliced Carrots	Mixed Vegetable
	Fruit	1/8 cup	1/4 cup	1/4 cup		Diced Peaches	Tropical Fruit	Diced Pears	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		WG Hamburger Bun	WG Elbow Pasta	WG Hamburger Bun	WG Elbow Pasta
PM Snack **	Milk	1/2 cup	1/2 cup	1 cup	Closed				
	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% Tangerine Juice		100% Cherry Juice	Apple **12-24 mos Applesauce
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		Strawberry Chex Mix	Club Crackers	Pretzels **12 mos Crackers	Kix Cereal

This institution is an equal opportunity provider.

1. Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.

2. oz eq = ounce equivalents. Ounce equivalencies for processed/combination and grain items are not to be mistaken for serving instructions; please calculate appropriate serving sizes

** Select 2 of the 5 components for snack.



North Canton YMCA Child Development Center

CACFP MENU

Date: October 19-23

**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.

MEAL	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	Cereal- Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, and Kix	Cereal- Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, and Kix	Cereal- Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, and Kix	Cereal- Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, and Kix	Cereal- Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, and Kix
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat/ Meat Alternates	1 oz	1 1/2 oz	2 oz	Fish Sandwich	Salisbury Steak	Chicken Alfredo	Corndog	Beef Spirals
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas & Carrots	Mashed Potatoes	Peas	Baked Beans	Included in Entrée
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Tropical Fruit	Pineapple Tidbits	Diced Peaches	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hamburger Bun	WG Bread & Butter	WG Penne Pasta	WG Bread & Butter	WG Spiral 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% Apple Juice	100% Fruit Punch Juice		100% Tangerine Juice	100% Cherry Juice
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cheddar Chex Mix	Goldfish Pretzels	Ritz Crackers	Blueberry Muffin	Cheez It's

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** Select 2 of the 5 components for snack.



North Canton YMCA Child Development Center

CACFP MENU

Date: October 26 -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.

MEAL	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	Cereal- Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, and Kix	Cereal- Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, and Kix	Cereal- Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, and Kix	Cereal- Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, and Kix	Cereal- Cheerios, Rice Krispies, Cinnamon Toast, Rice Chex, and Kix
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat/ Meat Alternates	1 oz	1 1/2 oz	2 oz	Sweet & Sour Meatballs	Egg Patty & Turkey Sausage	Pasta w/Meat Sauce	Chicken Tender	Turkey Hotdog
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas	Green Beans	Peas & Carrots	Corn on the Cob *12-24 mos Corn	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit	Diced Peaches	Applesauce	Diced Pears	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Bread & Butter	WG Waffle	WG Elbow Pasta	WG Bread & Butter	WG Hotdog 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% Cherry Juice	100% Tangerine Juice		100% Peach Mango Juice	100% White Grape Juice
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Goldfish	Pretzels *12 mos Crackers	Club Crackers	Strawberry Chex Mix	Cheez It's

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 2. oz eq = ounce equivalents. Ounce equivalencies for processed/combination and grain items are not to be mistaken for serving instructions; please calculate appropriate serving sizes
- ** Select 2 of the 5 components for snack.