North Canton YMCA Child Development Center

CACFP MENU-Infant

Date: Nov 2-6

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.)[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 0–2 Tbsp. vegetables or fruit, or a combination of both[4,5]	Ready to Eat Cereal	Infant Cereal	Ready to Eat Cereal	Infant Cereal	Ready to Eat Cereal
		0–2 Tbs. vegetables or fruit or a combination of both[4,5]	Peaches	Carrots	Applesauce	Green Beans	Pears
Lunch	Birth–5 Months	4–6 fl. oz. breastmilk[1] or formula[2]	IFIF	IFIF	IFIF	IFIF	IFIF
	6–11 Months	6–8 fl. oz. breastmilk[1] or formula[2]	IFIF	IFIF	IFIF	IFIF	IFIF
		6–8 fl. oz. breastmilk[1] or formula[2]; and 0–4 Tbsp. infant cereal (0–½ oz. eq.)[2], 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. / ½ cup yogurt[3]; or a combination of the above[4]; and 0–2 Tbsp. vegetables or fruit, or a combination of both[4,5]	Infant Cereal	Infant Cereal	Infant Cereal	Infant Cereal	Infant Cereal
		0–2 Tbs. vegetables or fruit or a combination of both[4,5]	Sweet Potatoes	Pears	Squash	Bananas	Green Beans
PM 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.)[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 0–2 Tbsp. vegetables or fruit, or a combination of both[4,5]	Club Crackers	Ritz Crackers	Club Crackers	Ritz Crackers	Club Crackers
		0–2 Tbs. vegetables or fruit or a combination of both[4,5]	Applesauce	Squash	Pears	Sweet Potatoes	Peaches

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: Nov 9-13

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.)[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 0–2 Tbsp. vegetables or fruit, or a combination of both[4,5]	Infant Cereal	Ready to Eat Cereal	Infant Cereal	Ready to Eat Cereal	Infant Cereal
		0-2 Tbs. vegetables or fruit or a combination of both[4,5]	Pears	Squash	Bananas	Sweet Potatoes	Applesauce
Lunch	Birth–5 Months	4–6 fl. oz. breastmilk[1] or formula[2]	IFIF	IFIF	IFIF	IFIF	IFIF
	6–11 Months	6-8 fl. oz. breastmilk[1] or formula[2]	IFIF	IFIF	IFIF	IFIF	IFIF
		6–8 fl. oz. breastmilk[1] or formula[2]; and 0–4 Tbsp. infant cereal (0–½ oz. eq.)[2], 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. / ½ cup yogurt[3]; or a combination of the above[4]; and 0–2 Tbsp. vegetables or fruit, or a combination of both[4,5]	Infant Cereal	Infant Cereal	Infant Cereal	Infant Cereal	Infant Cereal
		0-2 Tbs. vegetables or fruit or a combination of both[4,5]	Peas	Applesauce	Carrots	Peaches	Green Beans
PM 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.)[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 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

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.

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North Canton YMCA Child Development Center

CACFP MENU-Infant

Date: Nov 16-20

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.)[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 0–2 Tbsp. vegetables or fruit, or a combination of both[4,5]	Infant Cereal	Ready to Eat Cereal	Infant Cereal	Ready to Eat Cereal	Infant Cereal
		0-2 Tbs. vegetables or fruit or a combination of both[4,5]	Pears	Squash	Bananas	Sweet Potatoes	Applesauce
Lunch	Birth–5 Months	4–6 fl. oz. breastmilk[1] or formula[2]	IFIF	IFIF	IFIF	IFIF	IFIF
	6–11 Months	6-8 fl. oz. breastmilk[1] or formula[2]	IFIF	IFIF	IFIF	IFIF	IFIF
		6–8 fl. oz. breastmilk[1] or formula[2]; and 0–4 Tbsp. infant cereal (0–½ oz. eq.)[2], 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. / ½ cup yogurt[3]; or a combination of the above[4]; and 0–2 Tbsp. vegetables or fruit, or a combination of both[4,5]	Infant Cereal	Infant Cereal	Infant Cereal	Infant Cereal	Infant Cereal
		0-2 Tbs. vegetables or fruit or a combination of both[4,5]	Peas	Applesauce	Carrots	Peaches	Green Beans
PM 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.)[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 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

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.

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North Canton YMCA Child Development Center

CACFP MENU-Infant

Date: Nov 23-27

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.)[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 0–2 Tbsp. vegetables or fruit, or a combination of both[4,5]	Infant Cereal	Ready to Eat Cereal	Infant Cereal	Ready to Eat Cereal	Infant Cereal
		0-2 Tbs. vegetables or fruit or a combination of both[4,5]	Pears	Squash	Bananas	Sweet Potatoes	Applesauce
Lunch	Birth–5 Months	4–6 fl. oz. breastmilk[1] or formula[2]	IFIF	IFIF	IFIF	IFIF	IFIF
	6–11 Months	6-8 fl. oz. breastmilk[1] or formula[2]	IFIF	IFIF	IFIF	IFIF	IFIF
		6–8 fl. oz. breastmilk[1] or formula[2]; and 0–4 Tbsp. infant cereal (0–½ oz. eq.)[2], 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. / ½ cup yogurt[3]; or a combination of the above[4]; and 0–2 Tbsp. vegetables or fruit, or a combination of both[4,5]	Infant Cereal	Infant Cereal	Infant Cereal	Infant Cereal	Infant Cereal
		0-2 Tbs. vegetables or fruit or a combination of both[4,5]	Peas	Applesauce	Carrots	Peaches	Green Beans
PM 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.)[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 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

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.

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North Canton YMCA Child Development Center

CACFP MENU-Infant

Date: 30-Nov

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.)[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 0–2 Tbsp. vegetables or fruit, or a combination of both[4,5]	Infant Cereal	Ready to Eat Cereal	Infant Cereal	Ready to Eat Cereal	Infant Cereal
		0-2 Tbs. vegetables or fruit or a combination of both[4,5]	Pears	Squash	Bananas	Sweet Potatoes	Applesauce
Lunch	Birth–5 Months	4–6 fl. oz. breastmilk[1] or formula[2]	IFIF	IFIF	IFIF	IFIF	IFIF
	6–11 Months	6–8 fl. oz. breastmilk[1] or formula[2]	IFIF	IFIF	IFIF	IFIF	IFIF
		6–8 fl. oz. breastmilk[1] or formula[2]; and 0–4 Tbsp. infant cereal (0–½ oz. eq.)[2], 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. / ½ cup yogurt[3]; or a combination of the above[4]; and 0–2 Tbsp. vegetables or fruit, or a combination of both[4,5]	Infant Cereal	Infant Cereal	Infant Cereal	Infant Cereal	Infant Cereal
		0-2 Tbs. vegetables or fruit or a combination of both[4,5]	Peas	Applesauce	Carrots	Peaches	Green Beans
PM 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.)[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 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

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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