North Canton YMCA Child Development Center

CACFP MENU

Date: November 2-6

**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 Toasts, 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	Meatball w/Red Sauce	Chicken Tender	Hamburger	Grilled Cheese	Turkey Hotdog
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Corn	Sliced Carrots	Baked Beans	Green Beans	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Diced Pears	Applesauce	Diced Peaches	Tropical Fruit	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Elbow Pasta w/Red Sauce	WG Bread & Butter	WG Hamburger Bun	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% Raspberry Juice		100% Tangerine Juce	Apple * 12-24mos Applesauce
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cheddar Chex Mix	Pretzel Goldfish	Ritz Crackers	Goldfish	Ritz Crackers

This institution is an equal opportunity provider.

1. Meat and meat alternates may be used to substitute the entire grains component a maxiumum 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: November 9-13

**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	BBQ Chicken Sandwich	Meatballs w/Gravy	Chicken & Noodles	Beef Taco w/Cheese	Chicken Tender
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Baked Beans	Mashed Potatoes	Peas	Corn	Mixed Vegetable
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pineapple Tidbits	Diced Peaches	Tropical Fruit	Diced Pears	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Hamburger Bun	WG Bread & Butter	Egg Noodles	WG Tortilla Wrap	Bread & Butter
PM Snack **	Milk	1/2 cup	1/2 cup	1 cup					
	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	100% Peach Mango Juice	100% Cherry Juice	100% Apple Juice	100% Berry Juice	100% Fruit Punch Juice
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cheez It's	Strawberry Chex Mix	WG Bagel w/Jelly *12-24 mos Bread w/Jelly	Pretzels *12 mos Crackers	Goldfish

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** Select 2 of the 5 components for snack.

North Canton YMCA Child Development Center

CACFP MENU

Date: November 16-20

**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	Grilled Cheese	Hamburger	Pasta w/Meat Sauce	Sloppy Joes	Macaroni & Cheese
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans	Baked Beans	Corn	Sliced Carrots	Mixed Vegetable
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Diced Peaches	Tropical Fruit	Diced Pears	Mixed Fruit
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Bread	WG Hamburger Bun	WG Elbow Pasta	WG Hamburger Bun	WG Elow 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% Tangerine Juice		100% Cherry Juice	Apple *12-24 mos Applesauce
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Goldfish	Strawberry Chex Mix	Club Crackers	Pretzels *12 mos Crackers	Ritz Crackers

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1. Meat and meat alternates may be used to substitute the entire grains component a maxiumum of three times per week.
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** Select 2 of the 5 components for snack.

North Canton YMCA Child Development Center

CACFP MENU

Date: November 23-27

**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		
	Meat/ Meat Alternates	1/2 oz	1/2 oz	1 oz					
	Vegetable	1/2 cup	1/2 cup	3/4 cup				Closed	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		
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk		
	Meat/ Meat Alternates	1 oz	1 1/2 oz	2 oz	Cream Chicken	Salisbury Steak	Chicken Alfredo	Closed	Closed
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Mashed Potatoes	Green Beans	Peas		
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit	Applesauce	Pineapple Tidbits		
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	WG Biscuit & Butter	WG Bread & Butter	WG Penne Pasta		
PM Snack **	Milk	1/2 cup	1/2 cup	1 cup				Closed	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% Apple Juce	100% Fruit Punch Juice			
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cheddar Chex Mix	Goldfish Pretzels	Ritz Crackers		

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** Select 2 of the 5 components for snack.

North Canton YMCA Child Development Center

CACFP MENU

Date: November 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				
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Milk				
	Meat/ Meat Alternates	1 oz	1 1/2 oz	2 oz	Sweet & Sour Meatballs				
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas				
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit				
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	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					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Cherry Juice				
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Goldfish				

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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.