

# CHILD CARE MENU PLANNING WORKSHEET

Week Of: 1/29/2024 - 2/2/2024

Facility Name/License Number (last 4): Jackson Academy / 7844

Hours of Operation: 7:30am - 5:30pm County: Hinds

Contact Person/Telephone Number: Catherine Stewart / 601-416-0498

Licensing Official Name: Denise Love

CACFP/Office of Child

Nutrition Participant:

YES ☒ NO ☐



MISSISSIPPI

STATE DEPARTMENT OF HEALTH

Record all food and beverages served. Please refer to Appendix C in Regulations Governing Licensure of Child Care Facilities for nutritional standards.

Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast-Time: _____</b> Fruit (no juice) Cereal or Bread/Alternate Milk					
<b>Snack-Time: 9:30 am</b> <b>(Select 2 out of 4 food groups)</b> Meat or Meat Alternate Vegetable or Fruit, (no juice) Bread or Bread Alternate Milk	1/2 Banana Vanilla Yogurt  Water	String Cheese WG Ritz Crackers  Water	1/2 Pimiento Cheese Sandwich  Water	Unsweetened Applesauce Vanilla Wafers  Water	Blueberry Muffins Milk  Water
<b>Lunch/Supper-Time: 11:30 am</b> Meat or Meat Alternate Vegetable and Fruit <b>(2 Veg/fruit or 1 veg &amp; 1 fruit)</b> Bread or Bread Alternate Milk	Lean Ham Steamed Broccoli Mandarin Oranges Cornbread Milk Water	WW Spaghetti w/Meatsauce Green Beans Strawberries Milk Water	Hamburger Carrots w/Low-fat Ranch French Fries Milk Water	BBQ Boneless Chicken Peas & Carrots Cantaloupe WG Roll Milk Water	
<b>Snack-Time: 2:00 pm</b> <b>(Select 2 out of 4 food groups)</b> Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Cheddar Cheese Cubes Triscuits  Water	Cinnamon Chex Milk  Water	Mandarin Oranges Animal Crackers  Water	1/2 Banana Vanilla Yogurt  Water	Closed Early for JA Showchoir Invitational
<b>Snack-Time: 4:30 pm</b> <b>(Select 2 out of 4 food groups)</b> Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Cheeze-It Crackers Pears  Water	Goldfish Peaches  Water	WG Ritz Crackers Strawberries  Water	Wheat Thins Pears  Water	

\*Water is made available at all meals and snacks. \*Whole grain bread & bread products are used. \*No meal or snack may be served more than once in 24 hours.

\*Other Foods or Condiments may be served with meals/snacks but DO NOT count as a component.