

## CHILD CARE MENU PLANNING WORKSHEET

Week Of: 1/6/2025 - 1/10/2025

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

CACFP/Office of Child  
Nutrition Participant:  
YES  NO



MISSISSIPPI

STATE DEPARTMENT OF HEALTH

Licensing Official Name: Lisa Allen

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> _____<br>Fruit (no juice)<br>Cereal or Bread/Alternate<br>Milk  |  |   |  |  |  |
| <b>Snack-Time:</b> <u>9:30 am</u><br>(Select 2 out of 4 food groups)<br>Meat or Meat Alternate<br>Vegetable or Fruit, (no juice)<br>Bread or Bread Alternate<br>Milk | Raisin Toast<br>Mandarin Oranges<br><br>Water                      | Diced Pears<br>Cheerios<br><br>Water  | Strawberries<br>Animal Crackers<br><br>Water   | Cantaloupe<br>Graham Crackers<br><br>Water                                     | Blueberry Muffin<br>Mandarin Oranges<br><br>Water              |
| <b>Lunch/Supper-Time:</b> <u>11:30 am</u><br>Meat or Meat Alternate<br>Vegetable and Fruit<br>(2 Veg/fruit or 1 veg & 1 fruit)<br>Bread or Bread Alternate<br>Milk   | Hamburger<br>Sweet Potato Fries<br>Honeydew Melon<br>Milk<br>Water | Roasted Turkey<br>Macaroni & Cheese<br>Pease & Carrots<br>Cantaloupe<br>Milk<br>Water | Grilled Ham on Wheat<br>Vegetable Beef Soup<br>Mandarin Oranges<br><br>Milk<br>Water | BBQ Boneless Chicken<br>Green Beans<br>Blueberries<br>WG Roll<br>Milk<br>Water | Cheese Pizza<br>Buttered Corn<br>Strawberries<br>Milk<br>Water |
| <b>Snack-Time:</b> <u>2:00 pm</u><br>(Select 2 out of 4 food groups)<br>Meat or Meat Alternate<br>Vegetable, Fruit, or Juice<br>Bread or Bread Alternate<br>Milk     | Graham Crackers<br>Cheese Cubes<br><br>Water                       | Blueberries<br>Veggie Straws<br><br>Water   | Saltines<br>Applesauce<br><br>Water  | Soft WG Tortilla w/Cream<br>Cheese & Cinnamon<br>Apple Slices<br><br>Water     | 1/2 Banana<br>Cinnamon Chex<br><br>Water                       |
| <b>Snack-Time:</b> <u>4:30 pm</u><br>(Select 2 out of 4 food groups)<br>Meat or Meat Alternate<br>Vegetable, Fruit, or Juice<br>Bread or Bread Alternate<br>Milk     | Diced Peaches<br>Animal Crackers<br><br>Water                      | Vanilla Wafers<br>Vanilla Pudding<br><br>Water  | Cheese<br>Goldfish<br><br>Water  | Wheat Thins<br>Diced Pears<br><br>Water  | Sliced Ham<br>Pretzels<br><br>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.

## CHILD CARE MENU PLANNING WORKSHEET

Week Of: 1/13/2025 - 1/17/2025

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: Lisa Allen

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> _____<br>Fruit (no juice)<br>Cereal or Bread/Alternate<br>Milk  |   |   |  |  |  |
| <b>Snack-Time:</b> <u>9:30 am</u><br>(Select 2 out of 4 food groups)<br>Meat or Meat Alternate<br>Vegetable or Fruit, (no juice)<br>Bread or Bread Alternate<br>Milk | Unsweetened Applesauce<br>Cheerios<br><br>Water                                   | Cinnamon Chex<br>Cantaloupe<br><br>Water                                  | Blueberries<br>Goldfish<br><br>Water   | Raisin Toast<br>Honeydew<br><br>Water  | Blueberry Muffin<br>Strawberries<br><br>Water                      |
| <b>Lunch/Supper-Time:</b> <u>11:30 am</u><br>Meat or Meat Alternate<br>Vegetable and Fruit<br>(2 Veg/fruit or 1 veg & 1 fruit)<br>Bread or Bread Alternate<br>Milk   | Grilled Ham on Wheat<br>Bread<br>Veggie Soup<br>Mandarin Oranges<br>Milk<br>Water | Soft Taco w/ Ground Beef<br>Spanish Rice<br>Strawberries<br>Milk<br>Water | Roasted Turkey<br>Macaroni & Cheese<br>Peas & Carrots<br>Mandarin Oranges<br>Milk<br>Water | Baked Boneless Chicken<br>Mashed potatoes<br>Green Beans<br>WW Roll<br>Milk<br>Water | Cheese Pizza<br>Steamed Carrorts<br>Diced Peaches<br>Milk<br>Water |
| <b>Snack-Time:</b> <u>2:00 pm</u><br>(Select 2 out of 4 food groups)<br>Meat or Meat Alternate<br>Vegetable, Fruit, or Juice<br>Bread or Bread Alternate<br>Milk     | Vanilla Pudding<br>Vanilla Wafers<br><br>Water                                    | Graham Crackers<br>Apples Slices<br><br>Water                             | 1/2 Banana<br>Veggie Straws<br><br>Water   | Graham Crackers<br>String Cheese<br><br>Water  | Ham<br>Pretzels<br><br>Water                                       |
| <b>Snack-Time:</b> <u>4:30 pm</u><br>(Select 2 out of 4 food groups)<br>Meat or Meat Alternate<br>Vegetable, Fruit, or Juice<br>Bread or Bread Alternate<br>Milk     | Goldfish<br>Pears<br><br>Water  | WG Saltines<br>Peaches<br><br>Water                                       | Pears<br>WG Ritz Crackers<br><br>Water   | WG Crackers<br>Applesauce<br><br>Water   | Mandarin Oranges<br>Animal Crackers<br><br>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.

## CHILD CARE MENU PLANNING WORKSHEET

Week Of: 1/20/2025 - 1/24/2025

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: Lisa Allen

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> _____<br>Fruit (no juice)<br>Cereal or Bread/Alternate<br>Milk  |  |                                     |  |  |  |
| <b>Snack-Time:</b> <u>9:30 am</u><br>(Select 2 out of 4 food groups)<br>Meat or Meat Alternate<br>Vegetable or Fruit, (no juice)<br>Bread or Bread Alternate<br>Milk | CLOSED FOR MARTIN LUTHER KING, JR. DAY | CLOSED FOR PROFESSIONAL DEVELOPMENT | Peaches<br>Cinnamon Chex<br><br>Water                                      | Graham Crackers<br>Cantaloupe<br><br>Water                       | Blueberry Muffin<br>Applesauce<br><br>Water                      |
| <b>Lunch/Supper-Time:</b> <u>11:30 am</u><br>Meat or Meat Alternate<br>Vegetable and Fruit<br>(2 Veg/fruit or 1 veg & 1 fruit)<br>Bread or Bread Alternate<br>Milk   |  |                                     | BBQ Chicken<br>Green Beans<br>Mandarin Oranges<br>WW Roll<br>Milk<br>Water | Hamburger<br>Sweet Potato Fries<br>Strawberries<br>Milk<br>Water | Cheese Pizza<br>Steamed Squash<br>Diced Peaches<br>Milk<br>Water |
| <b>Snack-Time:</b> <u>2:00 pm</u><br>(Select 2 out of 4 food groups)<br>Meat or Meat Alternate<br>Vegetable, Fruit, or Juice<br>Bread or Bread Alternate<br>Milk     |  |                                     | Blueberries<br>Ritz Crackers<br><br>Water                                  | Veggie Straws<br>Pears<br><br>Water                              | 1/2 Banana<br>Pretzels<br><br>Water                              |
| <b>Snack-Time:</b> <u>4:30 pm</u><br>(Select 2 out of 4 food groups)<br>Meat or Meat Alternate<br>Vegetable, Fruit, or Juice<br>Bread or Bread Alternate<br>Milk     |  |                                     | Vanilla Wafers<br>Vanilla Pudding<br><br>Water                             | String Cheese<br>Applesauce<br><br>Water                         | Triscuits<br>Mandarin Oranges<br><br>Water                       |

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## CHILD CARE MENU PLANNING WORKSHEET

Week Of: 1/27/2025 - 1/31/2025

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</b> -Time: _____<br>Fruit (no juice)<br>Cereal or Bread/Alternate<br>Milk  |   |   |  |  |   |
| <b>Snack</b> -Time: <u>9:30 am</u><br>(Select 2 out of 4 food groups)<br>Meat or Meat Alternate<br>Vegetable or Fruit, (no juice)<br>Bread or Bread Alternate<br>Milk | Strawberries<br>Animal Crackers<br><br>Water  | Raisin Toast<br>1/2 Banana<br><br>Water                                     | Graham Crackers<br>Honeydew<br><br>Water   | 1/2 Toasted Bagel<br>1/2 Banana<br><br>Water   | Blueberry Muffin<br>Applesauce<br><br>Water |
| <b>Lunch/Supper</b> -Time: <u>11:30 am</u><br>Meat or Meat Alternate<br>Vegetable and Fruit<br>(2 Veg/fruit or 1 veg & 1 fruit)<br>Bread or Bread Alternate<br>Milk   | Boneless Baked Porkchop<br>Steamed Squash<br>Mashed Potatoes<br>Mandarin Oranges<br>Milk<br>Water | Grilled Ham on WG Bread<br>Vegetable Soup<br>Diced Peaches<br>Milk<br>Water | Burger on WW Bun<br>Baked Sweet Potato<br>Fries<br>Strawberries<br>Milk<br>Water | Baked Chicken Tender<br>Italian Vegetable Blend<br>WW Roll<br>Blueberries<br>Milk<br>Water | EARLY DISMISSAL                             |
| <b>Snack</b> -Time: <u>2:00 pm</u><br>(Select 2 out of 4 food groups)<br>Meat or Meat Alternate<br>Vegetable, Fruit, or Juice<br>Bread or Bread Alternate<br>Milk     | Pretzels<br>Sliced Turkey   | Blueberries<br>Veggie Straws<br><br>Water                                   | Cantaloupe<br>Cinnamon Chex<br><br>Water   | Goldfish<br>Turkey Slices<br><br>Water   |   |
| <b>Snack</b> -Time: <u>4:30 pm</u><br>(Select 2 out of 4 food groups)<br>Meat or Meat Alternate<br>Vegetable, Fruit, or Juice<br>Bread or Bread Alternate<br>Milk     | Cheerios<br>Diced Pears<br><br>Water  | Goldfish<br>Apple Slices<br><br>Water                                       | Diced Pears<br>Cheddar Cheese<br>Cubes<br><br>Water                              | Animal Crackers<br>Mandarin Oranges<br><br>Water   |   |

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