

CHILD CARE MENU PLANNING WORKSHEET

Week Of: 3/3/25 - 3/7/2025

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
Breakfast-Time: _____ Fruit (no juice) Cereal or Bread/Alternate Milk					
Snack-Time: <u>9:30 am</u> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable or Fruit, (no juice) Bread or Bread Alternate Milk	Raisin Toast Mandarin Oranges Water	Diced Pears Cheerios Water	Mandarin Oranges Animal Crackers Water	CLOSED FOR PROFESSIONAL DEVELOPMENT	CLOSED FOR SPRING BREAK
Lunch/Supper-Time: <u>11:30 am</u> Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	Hamburger Sweet Potato Fries Honeydew Melon Milk Water	Roasted Turkey Macaroni & Cheese Peas & Carrots Cantaloupe Milk Water	Grilled Ham on Wheat Vegetable Beef Soup Strawberries Milk Water		
Snack-Time: <u>2:00 pm</u> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Graham Crackers Cheese Cubes Water	Saltines Applesauce Water	Blueberries Veggie Straws Water		
Snack-Time: <u>4:30 pm</u> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Diced Peaches Animal Crackers Water	Vanilla Wafers Vanilla Pudding Water	Sliced Cheese Wheat Thins 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: 3/10/2025 - 3/14/2025

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 ☐



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Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast-Time: _____ Fruit (no juice) Cereal or Bread/Alternate Milk					
Snack-Time: 9:30 am (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable or Fruit, (no juice) Bread or Bread Alternate Milk	CLOSED FOR SPRING BREAK	CLOSED FOR SPRING BREAK	CLOSED FOR SPRING BREAK	CLOSED FOR SPRING BREAK	CLOSED FOR SPRING BREAK
Lunch/Supper-Time: 11:30 am Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk					
Snack-Time: 2:00 pm (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk					
Snack-Time: 4:30 pm (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk					

*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: 3/17/2025 - 3/21/2025

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

Hours of Operation: 7:30am - 5:30am

County: Hinds

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

Licensing Official Name: Lisa Allen

LEGEND:

* = Vitamin C Source

+ = Vitamin A Source

= Only counts as a vitamin source once per week

(1,2,3) = Items that can be served a maximum of 3 times per week



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Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast-Time: _____ Fruit (no juice) Cereal or Bread/Alternate Milk					
Snack-Time: 9:00am (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable or Fruit, (no juice) Bread or Bread Alternate Milk	Unsweetened Applesauce Cheddar Cheese Cubes Water	1/2 Banana Raisin Bread Water	Applesauce Cheerios Water	Graham Crackers Cantaloupe Water	Blueberry Muffin 1/2 Banana Water
Lunch/Supper-Time: 11:30am Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	Grilled Ham on Wheat Steamed Carrots Sliced Apples Milk Water	WW Spaghetti w/Meatsauce Green Beans Mandarin Oranges Milk Water	BBQ Chicken Tenders Sauteed Squash Diced Peaches WW Roll Milk Water	Hamburger Sweet Potato Fries Strawberries Milk Water	Cheese Pizza Steamed Carrots Diced Peaches Milk Water
Snack-Time: 2:00pm (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Sliced Ham Saltines Water	Cheez-It Crackers Honeydew Water	Blueberries Ritz Crackers Water	Veggie Straw Diced Pears Water	Pretzels Sliced Turkey Water
Snack-Time: 4:30pm (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Diced Peaches Graham Crackers Water	Goldfish Diced Pears Water	Vanilla Wafers Vanilla Pudding Water	Triscuits Mandarin Oranges Water	String Cheese Applesauce Water

***1. Water is made available at all meals and snacks. 2. Whole grain bread & bread products are used. 3. No meal or snack may be served more than once in 24 hours.

4. Other Foods/Condiments (Ranch Dressing, Jams, Jellies, Lettuce/Tomato on a burger/taco/sandwich, etc.) may be served with meals/snacks but DO NOT count as a component.

CHILD CARE MENU PLANNING WORKSHEET

Week Of: 3/24/2025 - 3/28/2025

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:

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Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast-Time: _____ Fruit (no juice) Cereal or Bread/Alternate Milk					
Snack-Time: 9:30 am (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable or Fruit, (no juice) Bread or Bread Alternate Milk	Strawberries Animal Crackers Water	Raisin Toast 1/2 Banana Water	Graham Crackers Sliced Cheese Water	Blueberry Muffin Applesauce Water	1/2 Toasted Bagel Honeydew Water
Lunch/Supper-Time: 11:30 am Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	Boneless Baked Porkchop Steamed Squash Mashed Potatoes Mandarin Oranges Milk Water	Baked Ham Macaroni & Cheese Diced Peaches WW Roll Milk Water	Burger on WW Bun Baked Sweet Potato Fries Strawberries Milk Water	Baked Chicken Tender Italian Vegetable Blend WW Roll Blueberries Milk Water	Cheese Pizza Steamed Corn Diced Peaches Milk Water
Snack-Time: 2:00 pm (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Pretzels Sliced Turkey Water	Blueberries Veggie Straws Water	Cantaloupe Cinnamon Chex Water	Goldfish Turkey Slices Water	Veggie Straws Strawberries Water
Snack-Time: 4:30 pm (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Cheerios Diced Pears Water	Goldfish Apple Slices Water	Diced Pears Cheez-It Crackers Water	Animal Crackers Mandarin Oranges Water	Vanilla Wafers Vanilla Pudding 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.