

CHILD CARE MENU PLANNING WORKSHEET

Week Of: 5/5/2025 - 5/9/2025

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: 9:00 am (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	Sliced Apples Animal Crackers Water	Cantaloupe Graham Crackers Water	Blueberry Muffin Mandarin Oranges 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	Hamburger Baked 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	BBQ Boneless Chicken Green Beans Blueberries WW Roll Milk Water	Cheese Pizza Buttered Corn Honeydew Melon 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	Vanilla Wafers Vanilla Pudding Water	Pretzels Applesauce Water	Peaches Veggie Straws Water	Soft WG Tortilla w/Cream Cheese & Cinnamon Apple Slices Water	1/2 Banana Cinnamon Chex 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	Diced Peaches Animal Crackers Water	Graham Crackers Mandarin Oranges Water	Sliced Turkey Wheat Thins Water	Goldfish Diced Pears Water	Sliced Ham Pretzels 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: 5/12/2025 - 5/16/2025

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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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: 9:00 am (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable or Fruit, (no juice) Bread or Bread Alternate Milk	Cheerios Cantaloupe Water	Unsweetened Applesauce Pretzels Water	Graham Crackers Diced Pears Water	Strawberries Cheerios Water	Blueberry Muffin Milk 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	Grilled Ham on Wheat Bread Vegetable Beef Soup Mandarin Oranges Milk Water	Soft Taco w/ Ground Beef Spanish Rice Strawberries Milk Water	Roasted Turkey Macaroni & Cheese Peas & Carrots Blueberries Milk Water	Baked Boneless Chicken Mashed potatoes Green Beans WW Roll Milk Water	Cheese Pizza Steamed Carrots 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	Honeydew Melon Vanilla Wafers Water	Sliced Apples Goldfish Water	Sliced Ham Honeydew Water	Vanilla Pudding Cinnamon Chex Water	Mandarin Oranges Saltines 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	Goldfish Pears Water	WG Saltines Peaches Water	Mandarin Oranges WG Ritz Crackers Water	Cheezits Applesauce Water	Sliced Turkey Pretzels Water

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