

CHILD CARE MENU PLANNING WORKSHEET

Week Of: 7/7/2025 - 7/11/2025

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 | Cheerios Cantaloupe Water | Pancake Turkey Sausage Water | 1/2 Banana Cinnamon Chex Water | Cheese Toast 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 | Spaghetti with Meatsauce Green Beans Mandarin Oranges Milk Water | Hamburger Baked French Fries Apples Milk Water | BBQ Baked Chicken Mashed Potatoes Carrots Blueberries Milk Water | Grilled Ham on Wheat Sandwich Vegetable Soup Cantaloupe Milk Water | Cheese Pizza Green Beans 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 | Vanilla Pudding Vanilla Wafers Water | Honeydew Goldfish Water | Animal Crackers Cheese Cubes Water | Veggie Straws Pears Water | 1/2 Banana 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 |

*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: 7/14/2025 - 7/18/2025

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 | Pancake Turkey Sausage Water | English Muffin Pizza (Toasted English muffin w/tomato sauce & Mozzarells) Water | Strawberry Nutri-Grain Bar Sliced Apples Water | Cornflakes Sliced Grapes 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 | BBQ Boneless Chicken Baked Beans Roll Baked Apples Milk Water | Baked Turkey Baked Fries Sliced Grape Tomatoes Blueberries Milk Water | Red Beans & Ham Steamed Rice Cooked Carrots Diced Peaches Milk Water | Pancake Diced Potatoes Turkey Sausage Strawberries Milk Water | Cheese Pizza Steamed Corn 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 | Mandarin Oranges Saltines Water | Cheez-It Crackers Honeydew Water | Mandarin Oranges Ritz Crackers Water | Veggie Straws Diced Pears Water | Sliced Turkey Pretzels 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 | Unsweetened Applesauce Wheat Thins Water | Mandarin Oranges Animal Crackers |

***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: 7/21/2025 - 7/25/2025

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: <u>9:00 am</u> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable or Fruit, (no juice) Bread or Bread Alternate Milk | Blueberry Muffin Mandarin Oranges Water | Raisin Toast 1/2 Banana Water | Graham Crackers Applesauce Water | Slice Grapes Cheese Toast Water | Pancake Turkey Sausage Water |
| 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 | Cheese Quesadilla Spanish Rice Blueberries Milk Water | Pancake Diced Potatoes Turkey Sausage Blueberries Milk Water | Baked Ham Baked Fries Diced Pears Roll Milk Water | Baked Chicken Tender Green Beans Roll Blueberries Milk Water | Cheese Pizza Steamed Carrots Diced Peaches 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 | Vanilla Wafers Vanilla Pudding Water | Ritz Crackers String Cheese Water | Cantaloupe Cinnamon Chex Water | Goldfish Turkey Slices Water | 1/2 Banana Saltines 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 | Goldfish Diced Pears Water | Goldfish Mandarin Oranges Water | Diced Pears Cheez-It Crackers Water | Animal Crackers Mandarin Oranges Water | Cheezits Diced 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.