

CHILD CARE MENU PLANNING WORKSHEET

Week Of: 11/3/2025 - 11/7/2025

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: 9:00 am (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	Diced Pears Cheerios Water	Raisin Toast Blueberries Water	Mandarin Oranges Graham Crackers Water	Blueberry Muffin Diced Peaches 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 Vegetable Soup Blueberries Milk Water	Roasted Turkey Macaroni & Cheese Steamed Corn Cantaloupe Milk Water	Cheese Quesadilla Spanish Rice Honeydew Melon Milk Water	BBQ Boneless Chicken Green Beans Carrots w/Ranch WW Roll Milk Water	Cheese Pizza Buttered Corn Broccoli w/ranch 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	String Cheese Mandarin Oranges Water	Graham Crackers Applesauce Water	Animal Crackers 1/2 Banana Water	Soft WG Tortilla w/Cream Cheese & Cinnamon Pineapple 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	Saltines Pineapple	Diced Peaches Veggie Straws Water	Vanilla Wafers Vanilla Pudding Water	Goldfish Diced Pears Water	Unsweetened Applesauce Animal Crackers 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: 11/10/2025 - 11/14/2025

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 ☐



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	Unsweetened Applesauce Raisin Toast Water	1/2 Banana Veggie Straws Water	Pancake Turkey Sausage 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	Cheese Quesadilla Spanish Rice Strawberries Milk Water	BBQ Baked Chicken Macaroni & Cheese Steamed Corn Broccoli w/ranch Milk Water	Grilled Ham on Wheat Sandwich Vegetable Soup Blueberries Milk Water	Cheese Pizza Broccoli w/ranch 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	Pineapple Pretzels Water	String Cheese Diced Pears Water	Sliced Apples Cinnamon Chex 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	Watermelon 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: 11/17/2025 - 11/21/2025

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

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

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	Raisin Toast Pineapple Water	Pancake Turkey Sausage Water	Strawberry Nutri-Grain Bar Unsweetened Applesauce Water	Cornflakes Blueberries Water	CLOSED FOR THANKSGIVING HOLIDAY
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	Cheese Quesadilla Spanish Rice Strawberries Milk Water	Baked Turkey Baked Fries Green Beans Blueberries Milk Water	Cheese Pizza Steamed Corn Broccoli w/ranch Milk Water	EARLY DISMISSAL FOR THANKSGIVING HOLIDAY	
Snack-Time: 2:00pm (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Veggie Straws Diced Pears Water	Cheez-It Crackers Pineapple Water	Cantaloupe Ritz Crackers 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	String Cheese Diced Peaches Water	Goldfish Mandarin Oranges Water	Vanilla Wafers Vanilla Pudding 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.