

CHILD CARE MENU PLANNING WORKSHEET

Week Of: 6/9/2025 - 6/13/2025

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 Cheerios 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	Cheese Quesadilla Spanish Rice Honeydew Milk Water	BBQ Baked Chicken Macaroni & Cheese Steamed Corn Blueberries Milk Water	Grilled Roast Beef on Wheat Sandwich Vegetable Soup Honeydew 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	Vanilla Pudding Vanilla Wafers Water	Honeydew Goldfish Water	Sliced Ham Diced Pears Water	Vanilla Pudding 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	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: 6/16/2025 - 6/20/2025

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

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



MISSISSIPPI

STATE DEPARTMENT OF HEALTH

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	Sliced Apples Cheese Cubes 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	Baked Ham Steamed Rice Roll Sliced Apples Milk Water	WW Spaghetti w/Meatsauce Green Beans Blueberries Milk Water	BBQ Chicken Tenders Mashed Potatoes Steamed Carrots Diced Peaches Milk Water	Cheese Quesadilla Spanish Rice Sliced Apples 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	Sliced Ham 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: 6/23/2025 - 6/27/2025

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

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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	Cheese Toast Water	Cheerios Cantaloupe 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	BBQ Chicken Macaroni & Cheese Steamed Corn 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	Diced Peaches Pretzels 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.

CHILD CARE MENU PLANNING WORKSHEET

Week Of: 6/30/2025 - 7/4/2025

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>9:30 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	Blueberry Muffin Peaches Water	CLOSED FOR FOURTH OF JULY HOLIDAY	CLOSED FOR FOURTH OF JULY HOLIDAY
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 Honeydew Melon Milk Water	Roasted Turkey Macaroni & Cheese Steamed Corn Cantaloupe Milk Water	Baked Boneless Chicken Green Beans Blueberries Roll 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 1/2 Banana Water	Pears Cheese Cubes Water	Saltines Applesauce 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	Cheese Goldfish 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.