

# Processed Pre-Fried Items:

*Limited to once per week in the licensed early education/children centers in Mississippi.*

**Pre-fried foods are typically found in the frozen food section, will “look” like they have already been cooked, and tend to have a shorter cooking time.**

## **Examples:**

Frozen French Fries

Frozen Potato Slices,  
Wedges, Cubes

Tater Tots or Hash Browns

Onion Rings

Eggrolls

Chicken Nuggets

Popcorn Chicken or Shrimp

Pre-Fried Fish

Chimichangas or Taquitos

French Toast

Pre-Fried Fruit Pies



*No foods should be fried*



MISSISSIPPI STATE DEPARTMENT OF HEALTH