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CAL-MAINE FOODS, INC. ELECTS JAMES E. POOLE TO BOARD OF DIRECTORS

JACKSON, Miss. (October 18, 2004) – Cal-Maine Foods, Inc. (NASDAQ:CALM) today announced that James E. Poole has been named to the Company's board of directors. He replaces W.D. Cox of Memphis, Tennessee, who elected to retire from the Cal-Maine board after eight years of service.

Poole is a certified public accountant and a founding partner with Grantham Poole CPA firm in Jackson, Mississippi, where his practice is focused primarily in the areas of management advisory services and financial services. Prior to forming Grantham Poole CPA in 1999, he owned businesses in real estate development, mortgage banking, and oil and gas exploration, and later was the sole proprietor of an accounting firm. He is a native of Oxford, Mississippi, and a graduate of the University of Mississippi, where he received a Bachelor of Business Administration degree with a major in accounting. Poole is a member of the American Institute of Certified Public Accountants (AICPA) and the Central Chapter of the Mississippi Society of CPAs.

"We are pleased to have someone with Jim Poole's extensive business experience join an already outstanding board of directors," said Fred R. Adams, Jr., chairman and chief executive officer of Cal-Maine Foods, Inc. "His expertise in management advisory and financial services uniquely qualifies him to maintain the caliber of leadership we experienced with W.D. Cox."

At the annual meeting of Cal-Maine held earlier this month, the size of the Company's board of directors was reduced from ten to seven members. Mr. Adams indicated that the reduction was intended to facilitate the Company's ability to be responsive of the needs of the Company, its shareholders, and changing business conditions.

Cal-Maine Foods, Inc. is primarily engaged in the production, grading, packing and sale of fresh shell eggs. The Company, which is headquartered in Jackson, Mississippi, currently is the largest producer and marketer of fresh shell eggs in the United States and sells the majority of its shell eggs in approximately 28 states across the southwestern, southeastern, mid-western and mid-Atlantic regions of the United States. For more information, visit www.calmainefoods.com.

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