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Aimee Bryer, Director

Kimberly Jensen, Assistant Director

## MEALS/FOOD POLICIES

Meals and snacks are served to children as early as twelve months and older in portions meeting or exceeding the amounts required by the USDA Requirements, which are part of our licensing by the State of Nebraska. All of our meals are prepared by Westside School District. Gluten-free menu options are available upon request.

**The monthly menu is posted at the Parent Center board across from the Office, extra copies are by the teacher mailboxes, and the menu is posted on St. Luke's web site ([www.stlukeumc.com](http://www.stlukeumc.com) > Child Development Center > News & Menu > then click on the link for the current month menu).**

Children in the toddler room and older must eat St. Luke food. Their breakfast, snack, and lunch may not be supplemented with food from home unless there is a doctor's note indicating a medical reason (i.e. food allergy, vegetarians, religious beliefs, etc.)—this must be discussed in advance with the Director.

Meals, snacks and all other food served must meet the USDA Requirements regarding food groups and serving sizes:

**Lunches must contain all five components (dairy, protein, fruit, vegetable, grain) and snacks must contain two components.**

**Any meals or snacks provided by parents must have all of the required components.** Meals and snacks that are provided by parents must be supplemented by the child care center if the parent-provided meal does not contain all of the components. If the child's meals are not to be supplemented due to dietary concerns, a written statement from a physician must be obtained indicating it is acceptable for the child to be served a meal that does not meet USDA requirements. A sample list of acceptable foods that you may send for your child's lunch is available from the Child Development Center Office.

No food should be brought to the Center except for special occasions. If your child is finishing breakfast brought from home in the morning, please have him/her do so before entering the Center.

If you wish to bring treats for your child's class, talk with your child's teacher in advance. We try to not have treats from more than one child on the same day. Even though children love cake and candy, it is preferred that you bring healthy, age appropriate, easy to eat snacks. A list of healthy alternatives for treats/snacks is available from the Office. **Due to a number of children with allergies, please remember that we are a "peanut and nut" free facility.**

If you have questions, contact Aimee or Kim.

***See this month's menu on the following page.***

# APRIL LUNCH & SNACK MENU

*Prepared by Westside School District*

1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>	5 <sup>TH</sup>
<p>Popcorn Chicken WG Dinner Roll Baked Beans Chilled Peaches</p> <p>AM-Cereal &amp; Toast PM-Tiny Twist Pretzels</p>	<p>Meatball Sub Mozzarella Cheese Steamed Carrots Applesauce</p> <p>AM-French Toast PM-WG Zoo Animal Crackers</p>	<p>Chicken Fried Steak WG Bread Mashed Potatoes/Gravy Banana</p> <p>AM-Cereal &amp; Toast PM-Mozz Sticks &amp; Club Crackers</p>	<p>Hot Ham &amp; Cheese On WG Bun Steamed Broccoli Pineapple Tidbits</p> <p>AM-WG Pastry, Fruit PM-WG Goldfish Crackers</p>	<p>Mozz Cheese Sticks w/Pizza sauce Green Beans Orange Smiles</p> <p>AM –Pancakes, Fruit PM – Yogurt Cup</p>
8 <sup>TH</sup>	9 <sup>TH</sup>	10 <sup>TH</sup>	11 <sup>TH</sup>	12 <sup>TH</sup>
<p>BBQ Riblet Hoagie Sweet Potato Fries Mixed Fruit</p> <p>AM – Cereal &amp; Toast PM –WG Bug Bite Crackers</p>	<p>Chicken Parmesan over Bowtie Pasta WG Bread RomaineSalad/CROUTONS Chilled Peaches</p> <p>AM – Egg &amp; Sausage PM –Banana</p>	<p>Cheese &amp; Bean Fiesta Burrito Golden Corn Chilled Pears</p> <p>AM – Cereal &amp; Toast PM – WG Teddy Grahams</p>	<p>Cheeseburger on WG Bun Baked Beans Strawberries</p> <p>AM–WG Pastry, Fruit PM –WG Cheese It Crackers</p>	<p>Cheese Dunkers w/Marinara Sauce Italian Veggies Mandarin Oranges</p> <p>AM –Waffles, Fruit PM –Pudding Cup</p>
15 <sup>TH</sup>	16 <sup>TH</sup>	17 <sup>TH</sup>	18 <sup>TH</sup>	19 <sup>TH</sup>
<p>Crispy Chicken on a Bun Green Beans Mixed Fruit</p> <p>AM –Cereal &amp; Toast PM –WG Goldfish Grahams</p>	<p>Pepperoni Pizza Calzone Steamed Carrots Banana</p> <p>AM – French Toast PM –WG Strawberry Poptarts</p>	<p>Pizza Hut Pizza Romaine Salad w/CROUTONS Cinn Applesauce</p> <p>AM – Cereal &amp; Toast PM –Cheetos</p>	<p>Cheesy Chicken Philly Sandwich Jazz'd Potato Wedges Mandarin Oranges</p> <p>AM–WG Pastry, Fruit PM –Rice Crispy Bar</p>	<p>Sloppy Joe on WG Bun Baked Beans Chilled Peaches</p> <p>AM –Pancakes, Fruit PM –Fruit Snacks</p>
22 <sup>ND</sup>	23 <sup>RD</sup>	24 <sup>TH</sup>	25 <sup>TH</sup>	26 <sup>TH</sup>
<p>WG Pancakes Sausage Patty Cinn Breakfast Yams Blueberries</p> <p>AM – Cereal &amp; Toast PM –WG Cookie</p>	<p>Walking Taco Lettuce &amp; Cheese Chili Beans Chilled Pears</p> <p>AM – Egg &amp; Sausage PM –Banana</p>	<p>Popcorn Chicken WG Biscuit Steamed Broccoli Cherry Craisins</p> <p>AM –Cereal &amp; Toast PM – Yogurt Cup</p>	<p>BBQ Pulled Pork On a WG Bun Steamed Cauliflower Tropical Fruit</p> <p>AM – WG Pastry, Fruit PM – WG Scooby Doo Crackers</p>	<p>Mac &amp; Cheese WG Soft Pretzel Garden Peas Applesauce</p> <p>AM – Waffles, Fruit PM –WG Tiger Bites</p>
29 <sup>TH</sup>	30 <sup>TH</sup>			<p>AM = Breakfast</p> <p>PM = Snack</p> <p>WG = Whole Grain</p>
<p>TBA</p> <p>AM—Cereal &amp; Toast PM –WG Nutrigrain Bar</p>	<p>TBA</p> <p>AM-French Toast PM-WG Honey Graham</p>			