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Aimee Bryer, Director

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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 > 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.

MAY LUNCH & SNACK MENU

Prepared by Westside School District

April 29 th	April 30 th	1 st	2 nd	3 rd
<p>Crispy Chicken on WG Bun Green Beans Tropical Fruit</p> <p>AM-Cereal & Toast PM-Nutrigrain Bar</p>	<p>Colby Cheese Omelet WG Biscuit Glazed carrots Mandarin Oranges</p> <p>AM-French Toast PM-Yogurt Cup</p>	<p>Pizza Hut Pizza Romaine Salad/Croutons Mixed Fruit</p> <p>AM-Cereal & Toast PM-Tiny Twist Pretzels</p>	<p>Cheeseburger on WG Bun Garden Peas Pineapple Tidbits</p> <p>AM-WG Pastry, Fruit PM-Zoo Animal Crackers</p>	<p>Soft Beef Taco Lettuce & Cheese Black Beans Chilled Pears</p> <p>AM –Pancakes, Fruit PM – Goldfish Crackers</p>
6 th	7 th	8 th	9 th	10 th
<p>Chicken Fried Steak Sandwich Baked Beans Blueberries</p> <p>AM – Cereal & Toast PM –Honey Grahams</p>	<p>Chicken Alfredo WG Garlic Bread RomaineSalad/Croutons Chilled peaches</p> <p>AM – Egg & Sausage PM –Pudding Cup</p>	<p>French Toast Sticks Sausage Patty Steamed Carrots Banana</p> <p>AM – Cereal & Toast PM – Fruit Snacks</p>	<p>Big Ol' Meatball WG Bread Italian Veggies Orange Smiles</p> <p>AM-WG Pastry, Fruit PM –Tiger Bites Crackers</p>	<p>Fish Sticks Waffle Fries Applesauce</p> <p>AM –Waffles, Fruit PM –Scooby Grahams</p>
13 th	14 th	15 th	16 th	17 th
<p>BBQ Chicken Thigh On WG Bun Baked Beans Chilled Pears</p> <p>AM –Cereal & Toast PM –Strawberry Poptart</p>	<p>Popcorn Chicken WG Bread Mashed Potatoes/Gravy Banana</p> <p>AM – French Toast PM –Jello Cup</p>	<p>Pizza Hut Pizza Broccoli Applesauce</p> <p>AM – Cereal & Toast PM –Cheetos</p>	<p>BBQ Riblet Hoagie Steamed Carrots Mandarin Oranges</p> <p>AM-WG Pastry, Fruit PM –Rice Crispy Bar</p>	<p>Sweet & Sour Diced Chicken Brown Rice Cucumbers Pineapple Tidbits</p> <p>AM –Pancakes, Fruit PM –Cheese It Crackers</p>
20 th	21 st	22 nd	23 rd	24 th
<p>Hot Ham & Cheese Sandwich Golden Corn Mixed Fruit</p> <p>AM – Cereal & Toast PM –Ice Cream Cup</p>	<p>Meatball Sub w/Mozz Cheese RomaineSalad/Croutons Chilled Peaches</p> <p>AM – Egg & Sausage PM –Yogurt Cup</p>	<p>Cheese & Bean Fiesta Burrito Chili Beans Chilled Pears</p> <p>AM –Cereal & Toast PM – Candy Cookie</p>	<p>Mozz Cheese Sticks Vegetable Medley Fruit Medley</p> <p>AM – WG Pastry, Fruit PM – Teddy Grahams</p>	<p>Grilled Cheese Sandwich Steamed Carrots Fruit Medley</p> <p>AM – Waffles, Fruit PM –Bug Bites Crackers</p>
27 th	28 th	29 th	30 th	31 st TBA
<p style="text-align: center;">Memorial Day— Center Closed</p>	<p style="text-align: center;">TBA</p> <p>AM-French Toast PM-TBA</p>	<p style="text-align: center;">TBA</p> <p>AM – Cereal & Toast PM –TBA</p>	<p style="text-align: center;">TBA</p> <p>AM – WG Pastry, Fruit PM – TBA</p>	<p style="text-align: center;">-----</p> <p style="text-align: center;">AM = Breakfast</p> <p style="text-align: center;">PM = Snack</p> <p style="text-align: center;">WG = Whole Grain</p> <p style="text-align: center;">-----</p>