



11810 Burke Street • Omaha, NE 68154-2299

Phone: 402-333-6886 ext. 301 • Fax: 402-333-0992

E-mail: childcare@stlukeumc.com

Web site: www.stlukeumc.com

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 > 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.

NOVEMBER LUNCH & SNACK MENU

Prepared by Westside School District

3 rd	4 th	5 th	6 th	7 th
BBQ Chicken on a Bun Baked beans Mixed Fruit AM – Cereal & Toast PM – Pudding Cup	Grilled Cheese Sandwich Steamed Carrots Craisins AM – Mini French Toast PM – Goldfish Grahams	Pizza Hut Pizza Steamed Broccoli Chilled Pears AM – Cereal & Toast PM – Fruit Snacks	Popcorn Chicken Bread Steamed Cauliflower Orange Smiles AM – WG Pastry, Fruit PM – Cheeses It Crackers	Chicken pot Pie Biscuit Garden peas Applesauce AM–Pancakes, Fruit PM –WG Scooby Doo Crackers
10 th	11 th	12 th	13 th	14 th
Crispy Chicken Sandwich Italian Veggies Mandarin Oranges AM – Cereal & Toast PM – Yogurt Cup	Turkey & Cheese Melt Cowboy Beans Banana AM – Egg & Sausage PM –WG Bug Bites Crackers	Garlic Cheesy Bread Twists Pizza Sauce Romaine Salad w/Croutons Chilled Peaches AM – Cereal & Toast PM – WG Cookie	Roasted Turkey Ciabatta Roll Potatoes & Gravy Cinnamon Apples AM–WG Pastry, Fruit PM – Ice Cream Cup	French Toast Sticks Sausage Patties Glazed Carrots Strawberries AM –Mini Waffles, Fruit PM – WG Strawberry Poptarts
17 th	18 th	19 th	20 th	21 st
Cheesy Nachos Black Beans Chilled Pears AM –Cereal & Toast PM— WG Tiger Bites	Cheeseburger Jazz'd French Fries Mixed Fruit AM –Mini French Toast PM -- Rice Crispy Bar	Pizza Hut Pizza Romaine Salad w/Croutons Banana AM – Cereal & Toast PM –WG Zoo Animal Crackers	BBQ pulled Pork Sandwich Roasted Butternut Squash Fruit Slushy AM–WG Pastry, Fruit PM – WG Cheetos	Mac & Cheese Soft Pretzel Mixed Veggies Orange Smiles AM –Pancakes, Fruit PM – Ice Cream Cup
24 th	25 th	26 th	27 th	28 th
Pancakes Sausage Patties Sweet Potato Fries Chilled Peaches AM – Cereal & Toast PM – WG Honey Grahams	Crisпитos Chili Beans Tropical Fruit AM – Egg & Sausage PM – Banana	Sunbutter & Jelly Sandwich Cheese Stick Dragon Punch Veggie Juice Applesauce Cup AM –Cereal & Toast PM – WG Goldfish Crackers	Center Closed- Happy Thanksgiving!	Center Closed