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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.

DECEMBER LUNCH & SNACK MENU

Prepared by Westside School District

1 st	2 nd	3 rd	4 th	5 th
Popcorn Chicken w/ Orange Sauce & Rice Italian Blend Veggies Mixed Fruit AM – Cereal & Toast PM – Pudding Cup	Herb Chicken w/ Bow Tie pasta Garlic Bread Italian White Beans Chilled Pears AM – Mini French Toast PM – WG Pretzels	Pizza Hut Pizza Romaine Salad Banana AM – Cereal & Toast PM – Motts Fruit Snacks	Sliced Ham WG Ciabatta Roll Au Gratin Potatoes Cinn Applesauce Choc Brownie AM – WG Pastry, Fruit PM – Cheese It Crackers	Mozz Cheese Sticks w/Pizza Sauce Steamed Carrots Mandarin Oranges AM–WG Pancakes, Fruit PM –WG Scooby Doo Crackers
8 th	9 th	10 th	11 th	12 th
Colby Cheese Omelet Biscuit Sweet Potatoes Chilled Peaches AM – Cereal & Toast PM – Yogurt Cup	Chicken Fried Steak w/ Mashed Potatoes & Gravy Ciabatta Roll Blueberries AM – Egg & Sausage PM –WG Bug Bites Crackers	Chicken & Chili Crisпитos Chili Beans Tropical Fruit AM – Cereal & Toast PM – WG Cookie	Cheeseburger Green Beans Craisins AM–WG Pastry, Fruit PM – Ice Cream Cup	Meatball Sub w/ Mozz Cheese Steamed Broccoli Orange Smiles AM –Mini Waffles, Fruit PM – WG Animal Crackers
15 th	16 th	17 th	18 th	19 th
Ham & Cheese Melt Sweet Potato Fries Applesauce AM –Cereal & Toast PM–Pirates Booty	Popcorn Chicken Bread Golden Corn Mixed Fruit AM –Mini French Toast PM --Banana	Pizza Hut Pizza Romaine Salad Chilled Pears AM – Cereal & Toast PM –Rice crispy Treat	Texas Style Chili Dinner Roll Chili Beans Fruit Slushie AM–WG Pastry, Fruit PM –WG Choc Chip Cookie	Garlic Cheesy Bread Twists w/ Pizza Sauce Mixed Veggies Chilled Peaches AM –WG Pancakes, Fruit PM –Goldfish Grahams
22 nd	23 rd	24 th	25 th	26 th
Crispy Chicken Sandwich Chef's Choice Vegetable Fruit Medley AM – Cereal & Toast PM – WG Tiger Bites	Chicken Teriyaki Dumplings Chef's Choice Vegetable Fruit Medley AM – Egg & Sausage PM – Yogurt Cup	Center Closed	Merry Christmas! Center Closed	Center Closed
29th Crispy Fish Sandwich Chef's Choice Vegetable Fruit Medley AM – Cereal & Toast PM – WG Honey Grahams	30th Sloppy Joe Chef's Choice Vegetable Fruit Medley AM – Mini French Toast PM --Cheetos	31st Sunbutter & Jelly sandwich Wango Mango Veggie Juice Applesauce AM – Cereal & Toast Center Closes @3pm	Happy New Year! Center Closed	Center Closed