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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.

JANUARY LUNCH & SNACK MENU

Prepared by Westside School District

			1 ST	2 ND
5 TH	6 TH	7 TH	HAPPY New Year! Center Closed	Floating Holiday 2026 Center Closed
12 TH	13 TH	14 TH	15 TH	16 TH
Hot Ham & Cheese on Bun Mashed Potatoes w/Gravy Fruit Medley AM – Cereal & Toast PM – Pudding Cup	Walking Taco Lettuce & Cheese Seasoned Black Beans Mixed Fruit AM – Mini French Toast PM – WG Pretzels	Pizza Hut Pizza Steamed Broccoli Mandarin Oranges AM – Cereal & Toast PM – Motts Fruit Snacks	BBQ Pulled Pork Sweet Potato Fries Applesauce AM–WG Pastry, Fruit PM – WG Cheese It Crackers	Popcorn Chicken w/Orange Sauce & Rice Asian Veggies Chilled Peaches AM –WG Pancakes, Fruit PM – WG Scooby Doo Crackers
19 TH	20 TH	21 ST	22 ND	23 RD
Center Closed for In-Service Day	Turkey in Gravy w/Ciabatta Roll Mashed Potatoes Chilled Peaches AM – Mini French Toast PM – Banana	Pizza Hut Pizza Steamed Carrots Mixed Fruit AM –Cereal & Toast PM –Rice Crispy Treat	Texas Style Chili Dinner Roll Chili Beans Cinn Applesauce AM –WG Pastry, Fruit PM –WG Choc Chip Cookie	Mozzarella Cheese Sticks Pizza Sauce Mixed Veggies Orange Smiles AM –WG Pancakes, Fruit PM –Goldfish Grahams
26 TH Crispy Chicken Sandwich Golden Corn Chilled Pears AM – Cereal & Toast PM – WG Tiger Bites	27 TH Rotini Pasta w/Meat Sauce Romaine Salad Banana AM –Egg & Sausage PM –Yogurt Cup	28 TH Sloppy Joe on a Bun Cowboy Beans Mandarin Oranges AM –Cereal & Toast PM –WG Honey Grahams	29 TH Popcorn Chicken Assorted Bread Green Beans Tropical Fruit AM –WG Pastry, Fruit PM --Cheetos	30 TH French Toast Sticks Sausage Patty Cinnamon Yams Apple Juice Cup AM –Mini Waffles, Fruit PM –WG Goldfish Crackers