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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.***

# FEBRUARY LUNCH & SNACK MENU

*Prepared by Westside School District*

2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>	5 <sup>TH</sup>	6 <sup>TH</sup>
<p>Cheesy Nachos Chili Beans Chilled Peaches</p> <p>AM – Cereal &amp; Toast PM – Pudding Cup</p>	<p>Hot Ham &amp; Cheese Croissant Glazed Carrots Mixed Fruit</p> <p>AM – Mini French Toast PM – WG Pretzels</p>	<p>Pizza Hut Pizza Iceberg Lettuce Salad Chilled Pears</p> <p>AM – Cereal &amp; Toast PM – Motts Fruits Snacks</p>	<p>Big Ol' Meatball WG Ciabatta Roll Steamed Broccoli Orange Smiles</p> <p>AM – WG Pastry, Fruit PM –WG Cheese It Crackers</p>	<p>Chicken Fried Chicken WG Bread Mashed Potatoes/Gravy Applesauce</p> <p>AM – WG Pancakes, Fruit PM -WG Scooby Doo Crackers</p>
9 <sup>TH</sup>	10 <sup>TH</sup>	11 <sup>TH</sup>	12 <sup>TH</sup>	13 <sup>TH</sup>
<p>Grilled Cheese Sandwich Baked Beans Mandarin Oranges</p> <p>AM – Cereal &amp; Toast PM –Yogurt Cup</p>	<p>Chicken Alfredo WG Garlic Bread Romaine Salad Banana</p> <p>AM – Egg &amp; Sausage PM –WG Bug Bites Crackers</p>	<p>Popcorn Chicken WG Bread Golden Corn Craisins</p> <p>AM – Cereal &amp; Toast PM –WG Cookie</p>	<p>WG Pancakes Chicken Sausage Patty Cinnamon Yams Blueberries</p> <p>AM–WG Pastry, Fruit PM –Ice Cream Cup</p>	<p>Walking Taco Lettuce &amp; Cheese Mixed Veggies Fruit Slushie Holiday Cookie</p> <p>AM –Mini Waffles, Fruit PM – WG Animal Crackers</p>
16 <sup>TH</sup>	17 <sup>TH</sup>	18 <sup>TH</sup>	19 <sup>TH</sup>	20 <sup>TH</sup>
<p>Sweet &amp; Sour Chicken Brown Rice Steamed Broccoli Chilled Pears</p> <p>AM –Cereal &amp; Toast PM—Pirates Booty</p>	<p>Popcorn Chicken WG Bread Jazz'd Red Beans Applesauce Beignets</p> <p>AM –Mini French Toast PM – Banana</p>	<p>Pizza Hut Pizza Iceberg Lettuce Salad Mixed Fruit</p> <p>AM – Cereal &amp; Toast PM –Rice Crispy Treat</p>	<p>BBQ Pulled Pork Sandwich Sweet Potato Fries Mandarin Oranges</p> <p>AM–WG Pastry, Fruit PM –WG Choc Chip Cookie</p>	<p>Macaroni &amp; Cheese WG Soft Pretzel Garden Peas Chilled Peaches</p> <p>AM –WG Pancakes, Fruit PM –Goldfish Grahams</p>
23 <sup>RD</sup>	24 <sup>TH</sup>	25 <sup>TH</sup>	26 <sup>TH</sup>	27 <sup>TH</sup>
<p>Chicken Fried Steak Sandwich Green Beans Craisins</p> <p>AM – Cereal &amp; Toast PM –WG Tiger Bites</p>	<p>Chicken Parmesan w/Rotini Pasta WG Breadstick Steamed Broccoli Banana</p> <p>AM – Egg &amp; Sausage PM – Yogurt Cup</p>	<p>Chicken &amp; Chili Crispitos Black Beans Tropical Fruit</p> <p>AM –Cereal &amp; Toast PM –WG Honey Grahams</p>	<p>Cheeseburger on Bun Crinkle French Fries Orange Smiles</p> <p>AM –WG Pastry, Fruit PM –Cheetos</p>	<p>Colby Cheese Omelet Biscuit Steamed Carrots Apple Juice Cup</p> <p>AM –Mini Waffles, Fruit PM –WG Goldfish Crackers</p>

