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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.

FEBRUARY LUNCH & SNACK MENU

Prepared by Westside School District

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

