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.

MARCH LUNCH & SNACK MENU

Prepared by Westside School District

2ND	3RD	4TH	5TH	6TH
Popcorn Chicken Bread Mixed Veggies Mixed Fruit AM – Cereal & Toast PM –Pudding Cup	Hot Turkey & Cheese on a Bun Jazz'd French Fries Chilled Peaches AM – Mini French Toast PM – WG Pretzels	Pizza Hut Pizza Romaine Salad Chilled Pears AM – Cereal & Toast PM – Motts Fruits Snacks	Texas Style Chili Dinner Roll Chili Beans Orange Smiles AM – WG Pastry, Fruit PM –WG Cheese It Crackers	Mozz Cheese Sticks w/Pizza Sauce Sweet Potato Fries Tropical Fruit AM – WG Pancakes, Fruit PM -WG Scooby Doo Crackers
9TH	**10TH**	**11TH**	**12TH**	**13TH**
Crispy Chicken Sandwich Steamed Carrots Mandarin Oranges AM – Cereal & Toast PM –Yogurt Cup	Rotini Pasta w/Meat Sauce Ciabatta Roll Steamed Broccoli Banana AM – Egg & Sausage PM –WG Bug Bites Crackers	Grilled Cheese Sandwich Green Beans Craisins AM – Cereal & Toast PM –WG Cookie	BBQ Chicken Sandwich Baked Beans Fruit Slushie AM–WG Pastry, Fruit PM –Ice Cream Cup	Garlic Cheesy Bread Twists w/Pizza Sauce Golden Corn Applesauce AM –Mini Waffles, Fruit PM – WG Animal Crackers
16TH	**17TH**	**18TH**	**19TH**	**20TH**
Cheesy Nachos Black Beans Chilled Pears AM –Cereal & Toast PM—Pirates Booty	Hot Ham & Cheese on Flatbread Steamed cauliflower Mixed Fruit AM –Mini French Toast PM – Banana	Pizza Hut Pizza Romaine Salad Chilled Peaches AM – Cereal & Toast PM –Rice Crispy Treat	French Toast Sticks Chicken Sausage Patty Sweet Potato Fries Mandarin Oranges AM–WG Pastry, Fruit PM –WG Choc Chip Cookie	Macaroni & Cheese WG Soft Pretzel Garden Peas Applesauce AM –WG Pancakes, Fruit PM –Goldfish Grahams
23RD	**24TH**	**25TH**	**26TH**	**27TH**
Sloppy Joe Sandwich Baked Beans Mixed Fruit AM – Cereal & Toast PM –WG Tiger Bites	Herb Chicken w/Bow Tie Pasta Bread Cali Blend Veggies Banana AM – Egg & Sausage PM – Yogurt Cup	Crispy Chicken & a Waffle Cinn Yams Orange Smiles AM –Cereal & Toast PM –WG Honey Grahams	Big Ol' Meatball Garlic Bread Steamed Broccoli Blueberries AM –WG Pastry, Fruit PM –Cheetos	Crispy Fish Sticks Jazz'd French Fries Fruit Slushie Cookie Treat AM –Mini Waffles, Fruit PM –WG Goldfish Crackers
30th TBA AM – Cereal & Toast PM --	31st TBA AM – Mini French Toast PM --			