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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.

APRIL LUNCH & SNACK MENU

Prepared by Westside School District

March 30 th	March 31 st	April 1 st	2 nd	3 rd
<p>Orange Popcorn Chicken Brown Rice Green Beans Mandarin Oranges</p> <p>AM – Cereal & Toast PM – Cheese Its Crackers</p>	<p>Walking Taco Lettuce & Cheese Chili Beans Chilled Paches</p> <p>AM – Pancakes PM – Cheetos</p>	<p>Pizza Hut Pizza Romaine Salad Chilled Pears</p> <p>AM – Cereal & Toast PM –Motts Fruit Snacks</p>	<p>BBQ Pulled Pork Sandwich Jazz'd French Fries Mixed Fruit</p> <p>AM – WG Pastry, Fruit PM –Cheez It Crackers</p>	<p>Colby Cheese Omelet Long John Donut Steamed Carrots Craisins</p> <p>AM – WG Pancakes, Fruit PM – Scooby Snacks</p>
6 th	7 th	8 th	9 th	10 th
<p>Cheesy Lasagna Roll-up Bread Italian Blend Veggies Mixed Fruit</p> <p>AM – Cereal & Toast PM –Yogurt Cup</p>	<p>Pancakes Sausage Patties Cinn Yams Banana</p> <p>AM – Egg & Sausage PM –Bug Bites Crackers</p>	<p>Popcorn Chicken Biscuit Baked Beans Chilled Peaches</p> <p>AM – Cereal & Toast PM –WG Cookie</p>	<p>Cheeseburger Corn Orange Smiles</p> <p>AM–WG Pastry, Fruit PM –Ice Cream Cup</p>	<p>Grilled Cheese Sandwich Steamed Broccoli Chilled Pears</p> <p>AM –Mini Waffles, Fruit PM –WG Animal Crackers</p>
13 th	14 th	15 th	16 th	17 th
<p>Chicken Fried Steak Sandwich French Fries Pears</p> <p>AM –Cereal & Toast PM–Pirates Booty</p>	<p>Soft Chicken Taco Lettuce & Cheese Black Beans Mixed Fruit</p> <p>AM –Mini French Toast PM –Banana</p>	<p>Pizza Hut Pizza Romaine Salad Mandarin Oranges</p> <p>AM – Cereal & Toast PM –Rice Krispy Treat</p>	<p>Sloppy Joe Sandwich Sweet Waffle Fries Chilled Peaches Rice Crispie Treat</p> <p>AM–WG Pastry, Fruit PM –WG Choc Chip Cookie</p>	<p>Mozz Cheese Sticks Pizza Sauce Mixed Veggies Cinn Applesauce</p> <p>AM –WG Pancakes, Fruit PM –Goldfish Grahams</p>
20 th	21 st	22 nd	23 rd	24 th
<p>Crispy Chicken Sandwich Waffle Fries Fruit Slushie</p> <p>AM – Cereal & Toast PM –Tiger Bites</p>	<p>Rotini Pasta w/Meat Sauce Ciabatta Roll Steamed Broccoli Banana</p> <p>AM – Egg & Sausage PM –Yogurt Cup</p>	<p>BBQ Chicken Sandwich Cowboy Beans Chilled Pears</p> <p>AM –Cereal & Toast PM –WG Honey Grahams</p>	<p>French Toast Sticks Sausage Patties Glazed Carrots Blueberries</p> <p>AM –WG Pastry, Fruit PM –Cheetos</p>	<p>Meatball Sub Mozz Cheese Green Beans Orange Smiles</p> <p>AM –Mini Waffles, Fruit PM –WG Goldfish Crackers</p>
27 th	28 th	29 th	30 th	MAY 1 st
<p>TBA AM – Cereal & Toast PM -Pudding Cup-</p>	<p>TBA AM -Mini French Toast PM –WG Pretzels</p>	<p>TBA AM –Cereal & Toast PM –Motts Fruit Snacks</p>	<p>TBA AM – WG Pastry, Fruit PM –Cheez It Crackers</p>	<p>TBA AM – Pancakes, Fruit TBA</p>