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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.***

# MAY LUNCH & SNACK MENU

*Prepared by Westside School District*

April 27 <sup>th</sup>	28 <sup>th</sup>	29 <sup>th</sup>	30 <sup>th</sup>	May 1 <sup>st</sup>
<p>Garlic Cheesy Bread Twists w/ Pizza Sauce Sweet Potato Wedges Mixed Fruit</p> <p>AM – Cereal &amp; Toast PM – Pudding Cup</p>	<p>Chicken &amp; Chili Crispito Chili Beans Craisins</p> <p>AM – Mini French Toast PM – WG Pretzels</p>	<p>Pizza Hut Pizza Romaine Salad Chilled peaches</p> <p>AM – Cereal &amp; Toast PM –Motts Fruit Snacks</p>	<p>Popcorn Chicken Bread Corn Orange Smiles</p> <p>AM – Mini Cini, Fruit PM –Cheez It Crackers</p>	<p>Hot Ham &amp; Cheese Croissant Mixed Veggies Chilled Pears Fruit Roll-up AM – Pancakes, Fruit PM – Scooby Snacks</p>
4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
<p>Fish Sticks Cowboy Beans Mandarin Oranges</p> <p>AM – Cereal &amp; Toast PM –Yogurt Cup</p>	<p>Mac &amp; Cheese Soft Pretzel Garden Peas Banana</p> <p>AM – Egg &amp; Sausage PM –Bug Bites Crackers</p>	<p>Cheesy Beef Philly Sandwich Steamed Broccoli Chilled Pears</p> <p>AM – Cereal &amp; Toast PM –WG Cookie</p>	<p>Pancakes Sausage Patties Cinnamon Yams Blueberries</p> <p>AM–Muffin, Fruit PM –Ice Cream Cup</p>	<p>Cheeseburger Green Beans Cinn Applesauce</p> <p>AM –Mini Waffles, Fruit PM –WG Animal Crackers</p>
11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>
<p>Orange Popcorn Chicken Brown Rice Steamed Carrots Mixed Fruit</p> <p>AM –Cereal &amp; Toast PM–Pirates Booty</p>	<p>Walking Taco Lettuce &amp; Cheese Golden Corn Chilled Peaches</p> <p>AM –Mini French Toast PM –Banana</p>	<p>Pizza Hut Pizza Romaine Salad Craisins</p> <p>AM –Cereal &amp; Toast PM –Rice Krispy Treat</p>	<p>BBQ Pulled Pork Sandwich Italian Veggies Applesauce Rice Crispy Treat</p> <p>AM–Mini Bagels, Fruit PM –WG Choc Chip Cookie</p>	<p>Sloppy Joe Sandwich Baked Beans Fruit Slushy</p> <p>AM –Pancakes, Fruit PM –Goldfish Grahams</p>
18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>	21 <sup>st</sup>	22 <sup>nd</sup>
<p>Chicken Fried Steak Sandwich Steamed Broccoli Mixed Fruit</p> <p>AM – Cereal &amp; Toast PM –Tiger Bites</p>	<p>Colby Cheese Omelet Biscuit Tater Tots Banana</p> <p>AM – Egg &amp; Sausage PM –Yogurt Cup</p>	<p>Cheesy Nachos Black Beans Fruit Medley</p> <p>AM –Cereal &amp; Toast PM –WG Honey Grahams</p>	<p>Crispy Chicken Sandwich Chef's Choice Veggie Fruit Medley</p> <p>AM –Frudel, Fruit PM –Cheetos</p>	<p>Chicken Veggie Dumplings Steamed Carrots Applesauce</p> <p>AM –Mini Waffles, Fruit PM –WG Goldfish Crackers</p>
25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>	28 <sup>th</sup>	29 <sup>th</sup>
<p style="text-align: center;"><b>Center Closed – Memorial Day</b></p>	<p style="text-align: center;">TBA</p> <p>AM -Mini French Toast PM –WG Pretzels</p>	<p style="text-align: center;">TBA</p> <p>AM –Cereal &amp; Toast PM –Motts Fruit Snacks</p>	<p style="text-align: center;">TBA</p> <p>AM – Pastry, Fruit PM –Cheez It Crackers</p>	<p style="text-align: center;">TBA</p> <p>AM – Pancakes, Fruit Pudding Cup</p>