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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.***

# JUNE LUNCH & SNACK MENU

*Prepared by Westside School District*

May 25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>	28 <sup>th</sup>	29 <sup>th</sup>
<p><b>MEMORIAL DAY</b></p> <p><b>CENTER CLOSED</b></p>	<p>WG Garlic Cheesy Bread W/ Pizza Sauce Glazed Carrots Mandarin Oranges</p> <p>AM – Mini French Toast PM – WG Pretzels</p>	<p>Pizza Hut Pizza Steamed Broccoli Strawberries</p> <p>AM – Cereal &amp; Toast PM –Motts Fruit Snacks</p>	<p>Big Ol’ Meatball WG Garlic Bread Iceberg Salad Watermelon</p> <p>AM – Mini Cini, Fruit PM –Cheez It Crackers</p>	<p>Popcorn Chicken WG Bread Crinkle French Fries Pears</p> <p>AM – Pancakes, Fruit PM – Pudding Cup</p>
June 1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
<p>Chicken Fried Steak On WG Bun Baked Beans Applesauce</p> <p>AM – Cereal &amp; Toast PM –WG Pretzels</p>	<p>WG French Toast Sticks Chicken Sausage Sweet Potato Fries Craisins</p> <p>AM – Egg &amp; Sausage PM –Pudding Cup</p>	<p>Pizza Hut Pizza Romaine Salad Banana</p> <p>AM – Cereal &amp; Toast PM –WG Pretzels</p>	<p>Turkey Cheese Melt On WG Flatbread Cucumber Slices Orange Wedges</p> <p>AM–Muffin, Fruit PM –Motts Fruit Snacks</p>	<p>Meatball Sub On WG Bun Potato Wedges Mixed Fruit</p> <p>AM –Mini Waffles, Fruit PM –Cheez It Crackers</p>
8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
<p>Crispy Chicken Sandwich On WG Bun Crinkle French Fries Applesauce</p> <p>AM –Cereal &amp; Toast PM–Scooby Snacks</p>	<p>Mozz Cheese Sticks w/Pizza Sauce Steamed Carrots Mandarin Oranges</p> <p>AM –Mini French Toast PM –Yogurt Cup</p>	<p>Pizza Hut Pizza Steamed Broccoli Strawberries</p> <p>AM –Cereal &amp; Toast PM –Bug Bites Crackers</p>	<p>Walking Tacos Lettuce &amp; Cheese Black Beans Watermelon</p> <p>AM–Mini Bagels, Fruit PM –WG Cookie</p>	<p>Popcorn Chicken WG Bread Green Beans Peaches</p> <p>AM –Pancakes, Fruit PM –Ice Cream Cup</p>
15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>
<p>Cheeseburger on WG Bun Cowboy Beans Applesauce</p> <p>AM – Cereal &amp; Toast PM –WG Animal Crackers</p>	<p>WG Pancakes Chicken Sausage Breakfast Yams Craisins</p> <p>AM – Egg &amp; Sausage PM –Pirates Booty</p>	<p>Pizza Hut Pizza Romaine Salad Banana</p> <p>AM –Cereal &amp; Toast PM –Banana</p>	<p>Soft Chicken Taco Corn Orange Wedges</p> <p>AM –Frudel, Fruit PM –Rice Crispy Treat</p>	<p style="text-align: center;">TBA</p> <p>AM –Mini Waffles, Fruit PM –WG Choc Chip Cookie</p>
22 <sup>nd</sup>	23 <sup>rd</sup>	24 <sup>th</sup>	25 <sup>th</sup>	26 <sup>th</sup>
<p>BBQ Pork Sandwich WG Bread Baked Beans Applesauce</p> <p>AM – Cereal &amp; Toast PM –Goldfish Grahams</p>	<p>WG Garlic Cheesy Bread w/ Pizza Sauce Glazed Carrots Mandarin Oranges</p> <p>AM -Mini French Toast PM –Tiger Bites</p>	<p>Pizza Hut Pizza Steamed Broccoli Strawberries</p> <p>AM –Cereal &amp; Toast PM –Yogurt Cup</p>	<p>Big Ol’ Meatball WG Garlic Bread Iceberg Salad Watermelon</p> <p>AM – Pastry, Fruit PM –WG Honey Grahams</p>	<p>Popcorn Chicken WG Bread Crinkle French Fries Pears</p> <p>AM –Pancakes, Fruit PM –Cheetos</p>