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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.***

# JULY LUNCH & SNACK MENU

*Prepared by Westside School District*

June 29 <sup>th</sup>	30 <sup>th</sup>	July 1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Chicken Fried Steak On WG Bun Baked Beans Applesauce  AM – Cereal & Toast PM – WG Goldfish Crackers	WG French Toast Sticks Chicken Sausage Sweet Potato Fries Craisins  AM – Mini Waffles PM – Pudding Cup	Pizza Hut Pizza Romaine Salad Banana  AM – Cereal & Toast PM –WG Pretzels	Turkey Cheese Melt On WG Flatbread Cucumber Slices Orange Wedges  AM – Mini Cini, Fruit PM –Motts Fruit Snacks	<b>Center Closed - Happy Independence Day</b>
6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
Crispy Chicken Sandwich On WG Bun Crinkle French Fries Applesauce  AM – Cereal & Toast PM –Wheat Thins	Mozz Cheese Sticks w/Pizza Sauce Steamed Carrots Mandarin Oranges  AM – Pancake Puffs PM –Jello Cup	Pizza Hut Pizza Steamed Broccoli Strawberries  AM – Cereal & Toast PM –Goldfish Crackers	Walking Tacos Lettuce & Cheese Black Beans Watermelon  AM–Mini French Toast, Fruit PM –Motts Fruit Snacks	Popcorn Chicken WG Bread Green Beans Peaches  AM –Egg & Toast, Fruit PM –Banana
13 <sup>TH</sup>	14 <sup>TH</sup>	15 <sup>TH</sup>	16 <sup>TH</sup>	17 <sup>TH</sup>
Cheeseburger on WG Bun Cowboy Beans Applesauce  AM –Cereal & Toast PM—Yogurt Cup	WG Pancakes Chicken Sausage Breakfast Yams Craisins  AM –Cinni Mini PM –Cheeszits Crackers	Pizza Hut Pizza Romaine Salad Banana  AM –Cereal & Toast PM –WG Cookie	Soft Chicken Taco Corn Orange Wedges  AM–Muffin, Fruit PM –Club Crackers, Cheese Stick	Sloppy Joe on Bun Cucumber Slices Mixed Fruit  AM –Apple Frudel, Fruit PM –Nutrigrain Bar
20 <sup>TH</sup>	21 <sup>ST</sup>	22 <sup>ND</sup>	23 <sup>RD</sup>	24 <sup>TH</sup>
BBQ Pork Sandwich WG Bread Baked Beans Applesauce  AM – Cereal & Toast PM –Pretzels	WG Garlic Cheesy Bread w/Pizza Sauce Glazed Carrots Mandarin Oranges  AM – Mini Bagel PM –Scooby Snack	Pizza Hut Pizza Steamed Broccoli Strawberries  AM –Cereal & Toast PM –Fruit Cup	Big Ol’ Meatball WG Garlic Bread Iceberg Salad Watermelon  AM –Mini Waffle, Fruit PM –Cheeto Puffs	Popcorn Chicken WG Bread Crinkle French Fries Pears  AM –Egg & Sausage, Fruit PM –Cheerio Treat
27 <sup>TH</sup>	28 <sup>TH</sup>	29 <sup>TH</sup>	30 <sup>TH</sup>	31 <sup>ST</sup>
Chicken Fried Steak On WG Bun Baked Beans Applesauce  AM – Cereal & Toast PM –Wheat Thins	WG French Toast Sticks Chicken Sausage Sweet Potato Fries Craisins  AM -Pancake Puffs PM –Tiger Bites	Pizza Hut Pizza Romaine Salad Banana  AM –Cereal & Toast PM –Pirates Booty	Turkey Cheese Melt On WG Flatbread Cucumber Slices Orange Wedges  AM – Cherry Frudel, Fruit PM –Banana	TBA Potato Wedges Mixed Fruit  AM –Mini French Toast, Fruit PM –Jello Cup