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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.

SEPTEMBER LUNCH & SNACK MENU

Prepared by Westside School District

Aug 31 st	Sept 1 st	2 nd	3 rd	4 th
Hot Ham & Cheese on a Bun Baked Beans Mixed Fruit AM – Cereal & Toast PM – Cheeto Puffs	Grilled Cheese Steamed Carrots Pineapple AM – Mini Waffles PM – Tiger Bites	Pizza Hut Pizza Romaine Salad Chilled Peaches AM – Cereal & Toast PM –Poptart	Popcorn Chicken Dinner Roll Golden Corn Watermelon AM – Cinni Mini, Fruit PM –Pirates Booty	Mac & Cheese Soft Pretzel Green Beans Craisins AM –Mini Bagel, Fruit PM – Ice Cream Cup
7 th	8 th	9 th	10 th	11 th
LABOR DAY Center Closed	Cheese Dunkers W/ Pizza Sauce Broccoli Applesauce AM – Mini Waffle PM –Banana	Popcorn Chicken Bread Mashed Potatoes W/ Gravy Banana AM – Cereal & Toast PM –Animal Crackers	Walking Taco Lettuce & Cheese Chili beans Cantaloupe AM–Pancake Puffs, Fruit PM – Cheez-It Crackers	French Toast Sticks Chicken Sausage Patty Cinn Yams Mandarin Oranges AM –Apple Frudel, Fruit PM –Yogurt Cup
14 th	15 th	16 th	17 th	18 th
Cheesy Nachos Black Beans Mixed Fruit AM –Cereal & Toast Westside has a different snack menu coming out.....	Cheesy Chicken Philly Sandwich Cali Blend Veggies Chilled Pears AM –Mini Waffles PM –	Pizza Hut Pizza Romaine Salad Fruit Slushy AM –Cereal & Toast PM –	BBQ Pulled Pork Sandwich Sweet Potato Waffle Fries Watermelon AM–Apple Frudel, Fruit PM –	Cheeseburger Jazz'd French Fries Pineapple AM –Mini Bagel, Fruit PM –
21 st	22 nd	23 rd	24 th	25 th
Grilled Cheese Sandwich Baked Beans Chilled Peaches AM – Cereal & Toast PM –Fruit Cup	Chicken Alfredo Ciabatta Roll Fresh Broccoli Orange Smiles AM – Cinni Mini PM –	Crispy Chicken Sandwich Garden Peas Banana AM –Cereal & Toast PM –	Pancakes Chicken Sausage Patty Glazed carrots Cantaloupe AM –Cherry Frudel, Fruit PM –	Meatball Sub Italian Blend Veggies Applesauce AM –Pancake Puffs, Fruit PM –
28 th TBA	29 th TBA	30 th TBA	Oct 1 st TBA	Oct 2 nd TBA
AM – Cereal & Toast PM –	AM – PM –	AM – Cereal & Toast PM -- 	AM – PM – 	AM – PM –