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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.***

## OCTOBER LUNCH & SNACK MENU

*Prepared by Westside School District*

| Sept 28 <sup>th</sup>                                                                                                                  | 29 <sup>th</sup>                                                                                                             | 30 <sup>th</sup>                                                                                                                     | Oct 1 <sup>st</sup>                                                                                                                   | 2 <sup>nd</sup>                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| Popcorn Chicken<br>W/Orange Sauce<br>Rice<br>Asian Veggies<br>Mandarin Oranges<br><br>AM – Cereal & Toast<br>PM – Honey Grahams, Fruit | Crispy Beef Taco<br>Lettuce & Cheese<br>Cowboy Beans<br>Mixed Fruit<br><br>AM – Pastry<br>PM – Yogurt, Banana                | Pizza Hut Pizza<br>Romaine Salad<br>Craisins<br><br>AM – Cereal & Toast<br>PM –Goldfish Crackers,<br>Applesauce                      | Sloppy Joe on Bun<br>Golden Corn<br>Fruit Slushy<br><br>AM – Pillsbury Pastry, Fruit<br>PM –Club Crackers,<br>Cheese Stick            | Colby Cheese Omelet<br>Biscuit<br>Sweet Potato Wedges<br>Chilled Peaches<br><br>AM –Chef's Choice, Fruit<br>PM – Cinnamon Roll,<br>Fruit Cup        |
| 5 <sup>th</sup>                                                                                                                        | 6 <sup>th</sup>                                                                                                              | 7 <sup>th</sup>                                                                                                                      | 8 <sup>th</sup>                                                                                                                       | 9 <sup>th</sup>                                                                                                                                     |
| Chicken Fried Steak Sandwich<br>Mixed Veggies<br>Chilled Pears<br><br>AM – Cereal & Toast<br>PM – Goldfish Grahams,<br>Apple Juice     | Mozz Cheese Sticks<br>W/Pizza Sauce<br>Steamed Carrots<br>Banana<br><br>AM – Pastry<br>PM –Tiger Bites, Banana               | Cheesy Chicken Enchilada<br>W/ Fritos<br>Bread<br>Black Beans<br>Pineapple<br><br>AM – Cereal & Toast<br>PM –Cheezits, Cucumbers     | Cheeseburger<br>Crinkle French Fries<br>Orange Smiles<br><br>AM–Pillsbury Pastry, Fruit<br>PM – Scooby Snacks,<br>Carrots             | Chicken Parmesan Patty<br>W/Garlic Bread<br>Romaine Salad<br>Apple sauce<br><br>AM –Chef's Choice, Fruit<br>PM –Animal Crackers,<br>Applesauce      |
| 12 <sup>th</sup>                                                                                                                       | 13 <sup>th</sup>                                                                                                             | 14 <sup>th</sup>                                                                                                                     | 15 <sup>th</sup>                                                                                                                      | 16 <sup>th</sup>                                                                                                                                    |
| <b>Center Closed<br/>for Teacher<br/>In-Service Day</b>                                                                                | Grilled Cheese Sandwich<br>Steamed Carrots<br>Pears<br><br>AM –Pastry<br>PM –Bug Bites, Apple                                | Pizza Hut Pizza<br>Romaine Salad<br>Applesauce<br><br>AM –Cereal & Toast<br>PM –Honey Grahams,<br>Orange                             | Popcorn Chicken<br>Bread<br>Green Beans<br>Mandarin Oranges<br><br>AM–Pillsbury Pastry, Fruit<br>PM –Goldfish Crackers,<br>Applesauce | Mac & Cheese<br>Soft Pretzel<br>Garden Peas<br>Craisins<br><br>AM –Chef's Choice, Fruit<br>PM –Club Crackers,<br>Cheese Stick                       |
|                                                                                                                                        | 19 <sup>th</sup>                                                                                                             | 20 <sup>th</sup>                                                                                                                     | 21 <sup>st</sup>                                                                                                                      | 22 <sup>nd</sup>                                                                                                                                    |
| Crispy Chicken Sandwich<br>Mixed Veggies<br>Chilled Peaches<br><br>AM – Cereal & Toast<br>PM –Cinnamon Roll,<br>Fruit Cup              | Cheese Dunkers<br>W/Pizza Sauce<br>Steamed Broccoli<br>Cinn Applesauce<br><br>AM – Pastry<br>PM – Yogurt, Banana             | Popcorn Chicken<br>Ciabatta Roll<br>Mashed Potatoes/Gravy<br>Banana<br><br>AM –Cereal & Toast<br>PM –Goldfish Grahams,<br>Applesauce | Walking Taco<br>Lettuce & Cheese<br>Chili beans<br>Mixed Fruit<br><br>AM –Pillsbury Pastry, Fruit<br>PM –Tiger Bites, Cucumbers       | French Toast Sticks<br>Chicken Sausage Patties<br>Cinnamon Yams<br>Fruit Slushy<br><br>AM –Chef's Choice, Fruit<br>PM –Cheezits, Apple              |
| 26 <sup>th</sup>                                                                                                                       | 27 <sup>th</sup>                                                                                                             | 28 <sup>th</sup>                                                                                                                     | 29 <sup>th</sup>                                                                                                                      | 30 <sup>th</sup>                                                                                                                                    |
| Cheesy Nachos<br>Black Beans<br>Mixed Fruit<br><br>AM – Cereal & Toast<br>PM –Scooby Snacks, Carrots                                   | Cheesy Chicken Philly<br>Sandwich<br>Cali Blend Veggies<br>Chilled Pears<br><br>AM –Pastry<br>PM –Animal Crackers,<br>Banana | Pizza Hut Pizza<br>Romaine Salad<br>Mandarin Oranges<br><br>AM – Cereal & Toast<br>PM –Soft Pretzel,<br>Applesauce                   | BBQ Pulled Pork Sandwich<br>Sweet Potato Waffle Fries<br>Craisins<br><br>AM –Pillsbury Pastry, Fruit<br>PM – Bug Bites, Fruit Cup     | Cheeseburger<br>Frightful French Fries<br>Phantom Pineapple<br>Goulish Gummy Treats<br><br>AM –Chef's Choice, Fruit<br>PM –Honey Grahams,<br>Orange |