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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.

NOVEMBER LUNCH & SNACK MENU

Prepared by Westside School District

2ND	3RD	4TH	5TH	6TH
Sloppy Joe on a Bun Baked Beans Chilled Peaches AM – Cereal & Toast PM – Ice Cream Cup, Honey Grahams	Herb Chicken w/Bow Tie pasta Ciabatta Roll Steamed Broccoli Banana AM – Pastry PM – Goldfish Grahams, Fruit Cup	Crispy Beef Tacos Lettuce & Cheese Golden Corn Orange Smiles AM – Cereal & Toast PM –Cinnamon Roll, Apple	Pancakes Chicken Sausage Patties Glazed Carrots Mixed Fruit AM – Pillsbury Pastry, Fruit PM –Tiger Bites, Apple Juice	Mozzarella Cheese Sticks w/Pizza Sauce Green Beans Applesauce AM –Chef's Choice, Fruit PM – Cheezits, Cucumber
9TH	**10TH**	**11TH**	**12TH**	**13TH**
Meatball Sub W/Mozzarella Cheese Steamed Carrots Fruit Slushy AM – Cereal & Toast PM – Scooby Snack, Fruit	Crispy Chicken Sandwich Cowboy Beans Chilled Pears AM – Pastry PM –Animal Crackers, Orange	Pizza Hut Pizza Romaine Salad Craisins AM – Cereal & Toast PM –Soft Pretzel, Cheese Stick	Roasted Turkey Ciabatta Roll Mashed Potatoes w/Gravy Apple Crisp AM–Pillsbury Pastry, Fruit PM – English Muffin w/ Sunbutter	Popcorn Chicken w/Orange Sauce & Rice Asian Veggies Mandarin Oranges AM –Chef's Choice, Fruit PM –Bug Bites, Applesauce
16TH	**17TH**	**18TH**	**19TH**	**20TH**
Chicken Fried Steak Sandwich Mixed Veggies Chilled Peaches AM – Cereal &Toast PM –Cheezits, Cucumbers	Colby Cheese Omelet Biscuit Sweet Potato Wedges Banana AM –Pastry PM –Honey Graham, Fruit Cup	Chicken & Chili Crispito w/Cheese & Tortilla Chips Black Beans Pineapple Tidbits AM –Cereal & Toast PM –Cinnamon Roll, Banana	Cheeseburger Crinkle French Fries Chilled Pears AM–Pillsbury Pastry, Fruit PM –Yogurt, Banana	Chicken Parmesan Patty Garlic Bread Romaine Salad Orange Smiles AM –Chef's Choice, Fruit PM –Goldfish Crackers, Applesauce
23RD	**24TH**	**25TH**	**26TH**	**27TH**
Crispy Fish Sticks Baked Beans Mixed Fruit AM – Cereal & Toast PM –Club Crackers, Cheese Stick	Grilled Cheese Sandwich Steamed carrots Craisins AM – Pastry PM – Goldfish Grahams, Apple Juice	Pizza Hut Pizza Romaine Salad Chilled Peaches AM –Cereal & Toast PM – Tiger Bites, Banana **Center Closes 3pm**	Happy Thanksgiving! **Center Closed**	**Center Closed**
30TH	**Dec 1st**	**2nd**	**3rd**	**4th**
TBD AM – Cereal & Toast PM –Cheezits, Cucumbers	TBD AM –Pastry PM –Scooby Snacks, Fruit	TBD AM – Cereal & Toast PM –Cinnamon Roll, Apple	TBD AM –Pillsbury Pastry, Fruit PM – Animal Crackers, Applesauce	TBD AM –Chef's Choice, Fruit PM –Soft Pretzel, Fruit Cup