



11810 Burke Street • Omaha, NE 68154-2299

Phone: 402-333-6886 ext. 301 • Fax: 402-333-0992

E-mail: childcare@stlukeumc.com

Web site: www.stlukeumc.com

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 > 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 30 th	July 1 st	2 nd	3 rd	4 th
Crispy Chicken Sandwich On WG Bun Crinkle French Fries Applesauce AM – Cereal & Toast PM – WG Bug Bites Crackers	Mozz Cheese Sticks W/Pizza Sauce Carrots Peaches AM – Mini French Toast PM – Yogurt Cup	Pizza Hut Pizza Fresh Broccoli Strawberries AM – Cereal & Toast PM – WG Zoo Animal Crackers	Walking Tacos Lettuce & Cheese Chili Beans Watermelon AM—WG Pastry, Fruit PM—Fruit Snacks	Center Closed for Independence Day
7 th	8 th	9 th	10 th	11 th
Cheeseburger on WG Bun Cowboy Beans Applesauce AM – Cereal & Toast PM – WG Honey Grahams	WG Pancakes Turkey Sausage Breakfast Yams Blueberries AM – Egg & Sausage PM – Ric Crispy Bar	Pizza Hut Pizza Romaine Salad Banana AM – Cereal & Toast PM – WG Scooby Grahams	Soft Chicken Taco Salsa Cup Corn Orange Wedges AM—WG Pastry, Fruit PM – Goldfish Crackers	Sloppy Joe on WG Bun Cucumber Slices Mixed Fruit AM –Mini Waffles, Fruit PM – Yogurt Cup
14 th	15 th	16 th	17 th	18 th
BBQ Chicken Sandwich On WG Bun Baked Beans Applesauce AM –Cereal & Toast PM— Ice Cream Cup	WG Garlic Cheesy Bread Twists w/ Pizza Sauce Glazed Carrots Peaches AM –Mini French Toast PM – Banana	Pizza Hut Pizza Fresh Broccoli Strawberries AM – Cereal & Toast PM –Tiny Twist Pretzels	Big Ol' Meatball WG Garlic Bread Iceberg Lettuce Salad Watermelon AM—WG Pastry, Fruit PM – Brownie	Popcorn Chicken WG Bread Crinkle French Fries Pears AM –Mini Pancakes, Fruit PM – Strawberry Poptarts
21 st	22 nd	23 rd	24 th	25 th
Chicken Fried Steak Sandwich on WG Bun Baked Beans Applesauce AM – Cereal & Toast PM – Yogurt Cup	WG French Toast Sticks Turkey Sausage Sweet Potato Fries Blueberries AM – Egg & Sausage PM – Tiger Grahams	Pizza Hut Pizza Romaine Salad Banana AM –WG Pastry, Fruit PM – Jello Cup	Turkey Cheese Melt On WG Flatbread Cucumber Slices Orange Wedges AM –Fruit Muffin, Fruit PM – Goldfish Crackers	Meatball Sub on WG Bun Potato Wedges Mixed Fruit AM –Mini Waffles, Fruit PM – Cheese It Crackers
28 th	29 th	30 th	31 st	Aug. 1 st
Crispy Chicken Sandwich On WG Bun Crinkle French Fries Applesauce AM – Cereal & Toast PM – Pudding Cup	Mozz Cheese Sticks w/Pizza Sauce Carrots Peaches AM—Mini French Toast PM—Bug Bites Crackers	Pizza Hut Pizza Fresh Broccoli Strawberries AM—Cereal & Toast PM— Zoo Animal Crackers	Walking Tacos Lettuce & Cheese Chili Beans Watermelon AM—WG Pastry, Fruit PM— Fruit Snacks	Popcorn Chicken WG Bread Green Beans Pears AM—TBD, Fruit PM—TBD