



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.

AUGUST LUNCH & SNACK MENU

Prepared by Westside School District

				1st
				Popcorn Chicken WG Bread Green Beans Pears AM–Pancakes, Fruit PM –WG Goldfish Crackers
4th	5th	6th	7th	8th
Fish Sticks Sweet Potato Fries Mixed Fruit AM – Cereal & Toast PM – WG Honey Grahams	Ham & Cheese Hoagie Cucumbers Watermelon AM – Egg & Sausage PM –Ice Cream Cup	Fiestada Pizza Romaine Salad Strawberries AM – Cereal & Toast PM – Fruit Snacks	WG Grilled Cheese Baked Beans Cantaloupe Ice Cream Cup AM–WG Pastry, Fruit PM – Cheese It Crackers	Cheeseburger Crinkle French Fries Orange Wedges AM –Mini Waffles, Fruit PM – WG Scooby Doo Crackers
11th	12th	13th	14th	15th
French Toast Sticks Sausage Patty Glazed Carrots Applesauce AM –Cereal & Toast PM— Yogurt Cup	BBQ Pulled Pork on Bun Green Beans Chilled Pears AM –Mini French Toast PM – WG Bug Bite Crackers	Pizza Hut Pizza Romaine Salad w/ Croutons Chilled Peaches AM – Cereal & Toast PM –Jello Cup	Soft Beef Taco Lettuce & Cheese Chili Beans Watermelon AM–WG Pastry, Fruit PM – Mozz Cheese Stick/Club Crackers	Popcorn Chicken Biscuit Mashed Potatoes w/ Gravy Mandarin Oranges AM –Pancakes, Fruit PM – WG Strawberry Poptarts
18th	19th	20th	21st	22nd
Chicken Fried Steak Sandwich Sweet Potato Fries Mixed Fruit AM – Cereal & Toast PM – WG Teddy Grahams	Herbed Chicken over Bow Tie Pasta Garlic Bread Steamed Broccoli Mixed Fruit AM – Egg & Sausage PM – Rice Crispy Bar	Big Ol' Meatball Ciabatta Roll Golden Corn Banana AM –Cereal & Toast PM – Cheetos	Sloppy Joe on a Bun Baked Beans Cantaloupe AM –WG Pastry, Fruit PM – WG Cookie	Turkey Bacon Melt on Flatbread Cucumbers Strawberries AM –Mini Waffles, Fruit PM – Ice Cream Cup
25th	26th	27th	28th	29th
Sweet & Sour Chicken w/ Brown Rice Steamed Broccoli Pineapple Tidbits AM – Cereal & Toast PM – WG Nutrigrain Bar	Crispy Chicken Sandwich Jazz'd Fries Chilled Peaches AM – Mini French Toast PM –Yogurt Cup	Pizza Hut Pizza Iceberg Salad Chilled Pears AM – Cereal & Toast PM – WG Goldfish Crackers	Walking Taco Lettuce & Cheese Black Beans Watermelon AM – WG Pastry, Fruit PM –Tiny Twist Pretzels	Mozz Cheese Sticks w/ Pizza Sauce Steamed Carrots Cinn Applesauce AM –Pancakes, Fruit PM –Zoo Animal Crackers