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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

1 ST	2 ND	3 RD	4 TH	5 TH
Center Closed for Labor Day	Chicken Alfredo Ciabatta Roll Fresh Broccoli Banana AM – Egg & Sausage PM – Ice Cream Cup	Popcorn Chicken Assorted Bread Mashed Potatoes/Gravy Applesauce AM – Cereal & Toast PM – Fruit Snacks	Pancakes Sausage Patty Steamed Carrots Cantaloupe AM – WG Pastry, Fruit PM – Cheeses It Crackers	Meatball Sub w/ Mozz Cheese Cali Blend Veggies Mandarin Oranges AM–Mini Waffles, Fruit PM –WG Scooby Doo Crackers
8 th	9 th	10 th	11 th	12 th
Sweet & Sour Diced Chicken Brown Rice Asian Veggies Pineapple Tidbits AM – Cereal & Toast PM – Yogurt Cup	Sloppy Joe Sandwich Jazz'd French Fries Chilled Peaches AM – Mini French Toast PM –WG Bug Bites Crackers	Pizza Hut Pizza Romaine Salad w/Croutons Craisins AM – Cereal & Toast PM – Jello Cup	Walking Taco Lettuce & Cheese Cowboy Beans Watermelon AM–WG Pastry, Fruit PM – Mozz Cheese Stick/Club Crackers	Mozz Cheese Sticks w/Pizza Sauce Steamed carrots Orange Wedges AM –Pancakes, Fruit PM – WG Strawberry Poptarts
15 th	16 th	17 th	18 th	19 th
Chicken Fried Steak Sandwich Mixed Veggies Chilled Pears AM –Cereal & Toast PM— WG Teddy Grahams	Colby Cheese Omelet Blueberry Muffin Sweet Potato Wedges Banana AM –Egg & Sausage PM -- Rice Crispy Bar	Chicken & Cheese Crisпитos Black Beans Pineapple Tidbits AM – Cereal & Toast PM –Cheetos	Cheeseburger French Fries Watermelon AM–WG Pastry, Fruit PM – WG Cookie	Big Ol' Meatball Garlic Bread Romaine Salad w/Croutons Chilled Peaches AM –Mini Waffles, Fruit PM – Pirates Booty Puffs
22 nd	23 rd	24 th	25 th	26 th
Ham & Cheese Melt Baked Beans Mixed Fruit AM – Cereal & Toast PM – WG Nutrigrain Bar	Grilled Cheese Sandwich Glazed Carrots Pineapple Tidbits AM – Mini French Toast PM – Yogurt Cup	Pizza Hut Pizza Romaine Salad w/Croutons Applesauce AM –Cereal & Toast PM – WG Goldfish Crackers	Popcorn Chicken Assorted Bread Cucumber Slices Craisins AM –WG Pastry, Fruit PM – Tiny Twist Pretzels	Mac & Cheese Soft Pretzel Garden Peas Mandarin Oranges AM –Pancakes, Fruit PM – Zoo Animal Crackers
29 th TBD	30 th TBD	Oct 1 st	2 nd	3 rd
AM – Cereal & Toast PM – Pudding Cup	AM – Egg & Sausage PM – Goldfish Grahams			