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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 29th	Sept. 30th	Oct. 1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
<p>Crispy Chicken Sandwich Green Beans Peaches</p> <p>AM – Cereal &amp; Toast PM – Pudding Cup</p>	<p>Garlic Cheesy Twists Pizza Sauce Golden Corn Banana</p> <p>AM – Egg &amp; Sausage PM – Goldfish Grahams</p>	<p>Diced BBQ Chicken Sandwich Romaine Salad w/CROUTONS Mandarin Oranges</p> <p>AM – Cereal &amp; Toast PM – Fruit Snacks</p>	<p>Crispy Beef Tacos Lettuce &amp; Cheese Chili Beans Orange Smiles</p> <p>AM – WG Pastry, Fruit PM – Cheeses It Crackers</p>	<p>French Toast Sticks Sausage Patties Butternut Squash Strawberries</p> <p>AM–Mini Waffles, Fruit PM –WG Scooby Doo Crackers</p>
6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
<p>Cheesy Nachos Black Beans Pears</p> <p>AM – Cereal &amp; Toast PM – Yogurt Cup</p>	<p>Cheeseburger Jazz'd French Fries Applesauce</p> <p>AM – Mini French Toast PM –WG Bug Bites Crackers</p>	<p>Pizza Hut Pizza Romaine Salad w/CROUTONS Tropical Fruit</p> <p>AM – Cereal &amp; Toast PM – Jello Cup</p>	<p>BBQ Pulled Pork Sandwich Sweet French Fries Peaches</p> <p>AM–WG Pastry, Fruit PM – Mozz Cheese Stick/Club Crackers</p>	<p>Cheesy Beef Philly Mixed Veggies Orange Smiles</p> <p>AM –Pancakes, Fruit PM – WG Strawberry Poptarts</p>
13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>
<p>Meatball Sub w/Mozz Cheese Cali Blend Veggies Craisins</p> <p>AM –Cereal &amp; Toast PM— WG Tiger Bites</p>	<p>Breaded Fish Sticks Baked Beans Pears</p> <p>AM –Egg &amp; Sausage PM -- Rice Crispy Bar</p>	<p>Herb Chicken w/Bow Tie Pasta Ciabatta Roll Steamed Broccoli Applesauce</p> <p>AM – Cereal &amp; Toast PM –WG Cookie</p>	<p>Popcorn Chicken Assorted Bread Mashed Potatoes w/Gravy Banana</p> <p>AM–WG Pastry, Fruit PM – WG Cheetos</p>	<p>Pancakes Sausage Patties Cinnamon Yams Blueberries</p> <p>AM –Mini Waffles, Fruit PM – Ice Cream Cup</p>
20 <sup>th</sup>	21 <sup>st</sup>	22 <sup>nd</sup>	23 <sup>rd</sup>	24 <sup>th</sup>
<p>Popcorn Chicken w/Orange Sauce and Rice Broccoli Mixed Fruit</p> <p>AM – Cereal &amp; Toast PM – WG Honey Grahams</p>	<p>Sloppy Joe on a Bun Cowboy Beans Peaches</p> <p>AM – Mini French Toast PM – Banana</p>	<p>Pizza Hut Pizza Iceberg Salad Fruit Slushy</p> <p>AM –Cereal &amp; Toast PM – WG Goldfish Crackers</p>	<p>Walking Taco Lettuce &amp; Cheese Golden Corn Craisins</p> <p>AM –WG Pastry, Fruit PM – Zoo Animal Crackers</p>	<p>Mozz Cheese Sticks w/Pizza Sauce Steamed Carrots Orange Smiles</p> <p>AM –Pancakes, Fruit PM – Yogurt Cup</p>
27 <sup>th</sup>	28 <sup>th</sup>	29 <sup>th</sup>	30 <sup>th</sup>	31 <sup>st</sup>
<p>Chicken Fried Steak Sandwich Mixed Veggies Pears</p> <p>AM – Cereal &amp; Toast PM – Pudding Cup</p>	<p>Colby Cheese Omelet Biscuit Sweet Potato Wedges Banana</p> <p>AM – Egg &amp; Sausage PM – Goldfish Grahams</p>	<p>Chicken &amp; Chili Crispos Black Beans Applesauce</p> <p>AM – Cereal &amp; Toast PM – Cheese It Crackers</p>	<p>Crispy Fish Sandwich w/Cheese Crinkle French Fries Tropical Fruit</p> <p>AM – WG Pastry, Fruit PM – Scooby Doo Grahams</p>	<p>Big Ol' Meatball Garlic Bread Romaine Salad w/CROUTONS Peaches Fruit Roll-Up</p> <p>AM–Mini Waffles, Fruit PM –Pirates Booty</p>