

# Mustard Seed Kidz Nutrition Policy

We provide nutritionally balanced snacks, meals, and cooking activities. Menus are posted in each classroom and copies are made available on Friday afternoons for the coming week. We encourage the children to have a “hello” bite, that is—to try a taste of everything. We more than welcome your snacks for birthday celebrations. Please let us know ahead of time, so we can properly prepare.

We provide approximately two-thirds of the child’s daily nutritional needs. Adults eat seated with the children, except the infant staff. Mealtimes are relaxed times, rich with conversation and fellowship. Parents may join us for lunch if the cooks are aware by 9:30am. Cost of lunch is \$3 per adult. We know that your children adore special visits from you.<sup>(1)</sup>

(1)Sciarra & Dorsey, Developing and Administering a Child Care Center, Delmar Publishers 1998