



Nutrition Policy

- At the present time, TenderCare/Capitol Drive receives food from Milwaukee Center for Independence Food Program through the Child Adult Care Food Program.
- Meal Substitutions - If a parent/guardian chooses to provide alternative foods such as soy milk, lactose-free cheese, and the like, these must be labeled with the child's name and date opened AND must meet all the nutritional guidelines followed for children eating at TenderCare. The meal or meal components must follow the Child and Adult Care Food Program under USDA, requirement for child care nutrition. If your child is not able to follow the USDA child care nutrition guidelines due to special dietary needs, the parent/guardian must provide a written doctor's order to follow.
- TenderCare is a Nut Free Zone.
- Families with children who have allergies or any other food concerns should complete the section on the enrollment forms that pertains to allergies and food concerns. A listing of all children in the Center with allergies and other food concerns is kept in each classroom, in the Center Kitchen and is made known to TenderCare Food Vendor listed above. This list is kept confidential and is for teacher use only while children are in TenderCare's care. Parents are welcome to bring in nutritional based food products to supplement the food service provided. The menus are provided to parents/guardians monthly.
- Menus are posted monthly in common areas and near classrooms. Individual copies of the menus are available through your child's teacher. A copy is available from the Office.
- Parents/guardians of children under 12 months of age may choose to use Center provided formula and food.
- TenderCare limits sugar or sugary products. **No gum or candy should be brought to TenderCare. Parents are asked not to send any food with their child unless a prior discussion has indicated that special dietary needs are involved.** This helps avoid conflicts with allergies and hard feelings of other classmates.
- Meals are served family style with children being encouraged, not forced, to eat. We encourage children to taste each item being served.
- A special treat may be sent for a child's birthday. If you wish to celebrate your child's birthday at the Center, please discuss your plans with the classroom teacher. She can advise you of any food allergies or scheduling conflicts. Your child's birthday may be celebrated in the classroom **during afternoon snack time.** You may provide party hats, napkins, plates, and cups if you wish. We will serve juice. Your child may wish to donate a book, puzzle, or CD to the classroom in lieu of goodie bags. Please discuss specific plans with your child's teacher. When planning for a birthday treat, please consider the age of the child when selecting food for the celebration. Frozen yogurt may be an alternative to ice cream. Plain cupcakes or muffins are great for 1 and 2 year olds. Please check to see if some children in the class are allergic to particular foods.