



## GCS & MSDH Food/Menu Regulations

### MSDH Regulations

- Outside foods shall not be brought into the facility, with the exception of special dietary needs.
- Meals and snacks provided by a parent must not be shared with other children, unless a parent is providing baked goods for a celebration or party being held at the operation. Foods for a party or celebration shall meet the Office of Healthy School guidelines.
- The child's parent shall meet with the facility staff and/or director to review the written instructions. Such instructions shall list any dietary restrictions/requirements and shall be signed and dated by the child's physician requesting the special diet.
- Parents of children with severe restrictions and dietary needs will be given a copy of the facility's menu to pre-select foods to be served. The parents will be responsible for ensuring the accuracy of foods served based upon the preplanned menu.
- Request for a vegetarian/vegan diet shall be accommodated with the same information completed as for dietary modifications. Specialty items may be supplied by the parent to meet nutritional needs. Contact with the nutritionist with MSDH is recommended.
- A child requiring a special diet due to medical reasons, allergic reactions, or religious beliefs, shall need a medical prescription from the child's physician stating that the special diet is medically necessary.
- Information required on child's prescription for dietary modifications include:
  - Child's full name and date of instructions, updated annually;
  - Any dietary restrictions based on the special needs;
  - Any foods that are to be brought, must be written out specifically on the note.
  - Any foods to be omitted from the diet and any foods to be substituted;

- Any other pertinent special needs information;
- What, if anything, needs to be done if the child is exposed to restricted foods.

-Religious or ethnic requests should include the above information as needed, plus a certified statement of request based upon the religious or ethnic beliefs of the family.

#### -FOODS THAT MAY CAUSE CHOKING

Sausage shaped meats (hot dogs)\*, Pop Corn, Hard Candy\*, Chips\*, Nuts, Thick Pretzels Rods\*  
Thin pretzel sticks and rounds would be allowed, Grapes, Chunks of peanut butter, Gum\*,  
Marshmallows, Dried Fruits.

\*Not allowed to be served

-None of the above foods are allowed for infants and one-year-olds

-Any outside foods shall meet the Office of Healthy School and MSDH Nutrition Standard guidelines. [https://msdh.ms.gov/msdhsite/\\_static/resources/5450.pdf](https://msdh.ms.gov/msdhsite/_static/resources/5450.pdf)

Appendix C, pg. 3-6 [78.pdf \(ms.gov\)](#)

### **GCS Regulations**

#### -Food From Home

- K2 and under, if you need to bring food from home, you must have a doctor's note, as listed above.
- K3 and older, if you need to bring food from home, you may do so without a doctor's note, but it must meet the nutritional guidelines, listed below.

-If your child has any dietary restrictions, please fill out a form in the office.

-All forms should be updated annually and updated as needed if restrictions of certain items are no longer applicable.

-Students needing a milk substitute only (almond milk, soy milk, etc.) do not need a doctor's note. A labeled carton should be brought to leave at GCS.

-Students eating breakfast walking into GCS should stop in the office to finish.

-We will not be able to provide refrigeration for food (excluding infants); pack accordingly.

-Foods that are not allowed due to GCS regulations: hot dogs, chips, candy, grapes, soft drinks, nuts or items containing nuts, or treats such as Oreos, Little Debbie's, fruit roll-ups etc.

-Any outside foods, including breakfast, lunch and snack, shall meet the MSDH Nutrition Standard guidelines:

[78.pdf \(ms.gov\)](#), Appendix C

-Any outside foods shall meet the Office of Healthy School:

[https://msdh.ms.gov/msdhsite/\\_static/resources/5450.pdf](https://msdh.ms.gov/msdhsite/_static/resources/5450.pdf), pictured below

## The Healthy Lunch Box

Eating healthy is important each and every day – even on days when lunch is in a box! Packing a healthy lunch box for children can be easy if you plan ahead. Here are some guidelines, safety tips, and nutritious ideas.

For more information visit [www.HealthyMS.com](http://www.HealthyMS.com).

### Lunch Box Requirements

1. At least one serving of vegetables or salad AND one serving of fruit
2. One serving of meat such as chicken or fish OR meat alternative such as eggs, beans, hummus, cheese, yogurt, peanut butter or cottage cheese
3. One serving of 1% or fat-free milk AND water
4. A grain product such as bread, bagel, muffin, roll, crackers, or tortilla

### Food Safety

1. Chill food thoroughly before packing.
2. Pack meals in an insulated bag.
3. Pack foods with the items used first in the bag last.
4. Keep food safety supplies such as hand sanitizer and disinfectant wipes, or paper towels and spray cleanser.

-Feel free to reach out to GCS administration with any questions. Doctor's notes, GCS forms, or any other item can be brought in to the office or emailed to [whaleschoolhburg@gmail.com](mailto:whaleschoolhburg@gmail.com).

Revised Summer 2024

GCS Teacher Notes:

- The above document will be given to GCS families, excluding this last page.
- This document will be given only to families who bring food from home for meals, not to the whole school. Any student allowed to bring food from home should be reflected on the allergy sheets located in each room.
- Be mindful of the above regulations, and notify administration if regulations are not properly followed.
- If you have questions about allowable items, please ask dietary personnel.
- Food restriction forms should be kept in students' files and should be reflected on updated allergy sheets located in each classroom. Make sure this allergy sheet is posted in an obvious location.
- Notify any new or substitute teacher in your room regarding students' food restrictions/allergies.