

**481—71.18(135G) Dietary.****71.18(1)** *Nutrition and menu planning.*

- a. Menus shall be planned and followed to meet the nutritional needs of residents.
- b. Menus shall be planned and served to include foods and amounts necessary to meet federal dietary guidelines.
- c. At least three meals or their equivalent shall be served daily, at regular hours.

**71.18(2)** *Dietary storage, food preparation, and service.* All food shall be handled, prepared, served and stored in compliance with the Food Code adopted pursuant to Iowa Code section 137F.2.

[ARC 4431C, IAB 5/8/19, effective 6/12/19]