

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]