NRTC makes available or make provision for each youth to have available three nutritious meals per day scheduled at regular intervals. If more than four hours elapse between any two meals, or if fourteen hours elapse between the evening meal and breakfast, a nutritious snack shall be served.

The youth’s daily allowance of food will meet the guidelines of Appendix 1 to rule 5101: 2-9-20 which are from the most recent dietary guidelines for Americans published by the Food and Nutrition Information Center of the United State Department of Agriculture (USDA), as adjusted for the age and sex of each youth in the facility.

1. NRTC has menus reviewed and approved annually by a Registered Dietitian.

All meats subject to inspection will be inspected and graded by the federal or state Department of Agriculture.

A minimum of three servings of pasteurized milk, vitamin D fortified, will be provided in recommended amounts according to each youth’s age and sex.

NRTC prepares menus for at least one week in advance. Cycle menus, if used, will be at least three weeks long.

1. NRTC prepares four-week cycle menus, which are rotated on a seasonal basis. NRTC creates its own lunch menu, which is approved by the Ohio Department of Education (ODE) and licensed by the Ohio Department of Health (ODH). We are part of the National School Lunch Program. NRTC is evaluated and inspected by ODE.

NRTC will not interfere with documented medical dietary restrictions or religious dietary restrictions of an individual youth.

Meals provided by NRTC for direct child care staff are the same as those provided for the youth.