

Chapter: Food Service  
Subject: Food & Nutrition  
Section: 6.1  
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ODJFS Rule: 5101: 2-9-20  
COA Standard: GLS 13.06(a), 14.04(c)  
Revised: 5/7/20; 8/24/22

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NRTC makes available or makes 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 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 and referenced in Rule 5101:2-9-20 of the OAC.

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

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

NRTC prepares menus 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 menus, which are approved by the Ohio Department of Education (ODE). As a participant in the National School Lunch Program, NRTC is evaluated and inspected by ODE, in addition to regular inspections by Public Health-Dayton and Montgomery County. This institution is an equal opportunity provider.

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.

During special events or education purposes, staff and youth may assist in meal planning. Meals are still required to meet the specified standard.