

**10A NCAC 14J .0903 FOOD AND NUTRIENT REQUIREMENTS**

(a) The average nutrient content of weekly menus shall meet the Recommended Dietary Allowances of the National Academy of Sciences which are hereby adopted by reference pursuant to G.S. 150B-14(c).

(b) Daily menus shall include the following:

- (1) Milk Group: Two servings;
- (2) Fruit Group: Two servings, one of which shall be citrus;
- (3) Vegetable Group: Three servings;
- (4) Meat or Protein Group: Two servings;
- (5) Cereal or Bread Group: Four servings of whole grain or enriched products; and
- (6) Calories: 2,100 - 2,500.

(c) For all pregnant women and inmates under age 18, the milk group shall include four servings per day.

*History Note: Authority G.S. 153A-221;*

*Eff. June 1, 1990;*

*Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. January 5, 2016.*