

ARKANSAS

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564 Frequency of Meals

564.1 At least three (3) meals are served daily

564.2 There shall be at least a five (5) hour span between breakfast and the noon meal and between noon meal and supper. The meals shall be served at approximately the same hours each day.

564.3 There shall not be more than fourteen (14) hours between a substantial supper and breakfast. Supper shall include as a minimum: two (2) ounces of a substantial protein food, a starch (or substitute) or soup, vegetable or fruit, dessert and beverage, preferably milk. 564.4 Bedtime snacks of nourishing quality shall be routinely offered to all patients whose diets do not prohibit the services of this night feeding. Milk, juices, cookies, or crackers shall be offered.