

IDAHO

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05. Menu Planning and Meal Service. At least three (3) meals or their equivalent shall be served daily at regular times, with not more than a fourteen (14) hour span between a substantial evening meal and breakfast. (1-1-88)

a. Bedtime snacks of nourishing quality shall be offered, and between-meal snacks should be offered. (1-1-88)

b. If the "Four or Five-Meal-A-Day" plan is in effect, meals and snacks shall provide nutritional value equivalent to the daily food requirements and the last meal (snack) shall provide at least one (1) ounce of a protein food exclusive of beverage served. (1-1-88)