**Section 404.38 Food and Nutrition**

a) Food shall be prepared and served using the food guide pyramid provided by the United States Department of Agriculture Center for Nutrition to meet the nutritional needs of the children.

b) Food products from home-raised animals shall meet the standards of the Illinois Departments of Agriculture and Public Health.

c) Special dietary needs of children shall be met as medically prescribed.

d) The institution shall consider nutritional needs in relationship to sex, age, religious beliefs and cultural influences.

e) Meals shall be served under clean and sanitary conditions.

f) Three balanced meals shall be served each day. The time span between service of one meal and the next meal shall not be greater than 14 hours (overnight).

g) Children shall be encouraged to eat food served, but shall not be subjected to undue coercion or forced feeding.

h) Staff members shall be present to provide supervision for children during meal times.

i) If meals are provided to on-duty staff, they shall be substantially the same as those served children (unless a special diet due to medical needs or religious beliefs is required).

j) Menus shall be prepared and posted one week in advance of actual service.

k) Records of all meals actually served shall be retained for one year and shall be available for periodic review and evaluation.

(Source: Amended at 29 Ill. Reg. 9976, effective July 1, 2005)