

1 10A NCAC 13E .0803 is adopted with changes as published in 31:06 NCR, pp. 462-474, as follows:

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3 **10A NCAC 13E .0803 MENUS**

4 (a) Menus shall be prepared according to the U.S. Department of Health and Human Services (HHS) and the U.S.  
5 Department of Agriculture (USDA) Dietary Guidelines for Americans which is incorporated by reference with all  
6 subsequent amendments and editions and is available at no cost at <http://www.health.gov/dietaryguidelines>.

7 (b) Menus shall be maintained in the kitchen and identified as to the current menu day and cycle for any given day  
8 for guidance of food service staff.

9 (c) Any substitutions made in the menu shall be of equal nutritional value, appropriate for therapeutic diets and  
10 documented to indicate the foods actually served to participants.

11 (d) Menus shall be planned to take into account the food preferences and customs of the participants.

12 (e) A licensed dietitian/nutritionist pursuant to G.S. 90, Article 25 shall plan or review all menus, including all  
13 therapeutic diets. The facility shall maintain verification of the licensed dietitian/nutritionist's approval of the  
14 therapeutic diets including an original signature by the licensed dietitian/nutritionist and the licensure number of the  
15 licensed dietitian/nutritionist.

16 (f) The facility shall have a matching therapeutic diet menu for all ~~physician-ordered~~ physician or appropriate licensed  
17 health professional ordered therapeutic diets, for guidance of food service staff.

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19 *History Note: Authority G.S. 131D-6.1;*

20 *Eff. April 1, 2017.*