General Meal Requirements for New York State

* Each complete meal meets or exceeds one-third the recommended daily allowance for adults 60 years of age or older.
* It includes a good source of vitamin C (30mg) and vitamin A (300 mcg) and at least 3oz of high biological value edible protein.
* Meals provide 3 oz protein, ½ cup vegetable, ½ cup starchy vegetable or fruit, 1 serving bread, dessert, 8 oz dairy.