



**OKLAHOMA DEPARTMENT OF HUMAN SERVICES**



**Project Menu Plan - Nutrition Program for the Elderly**



Project title	Project director	Date
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Meals	Date	Date	Date	Date	Date
<b>Month/day/year</b>					
<b>Meat or alternate</b> 3 oz. cooked, edible portion					
<b>Vegetables and fruits</b> 2, ½ cup servings					
<b>Bread or alternate</b> - 1 serving					
<b>Butter or fortified margarine</b> - 1 teaspoon					
<b>Dessert</b> - ½ cup					
<b>Milk</b> - ½ pint					
<b>Beverage</b> , optional					

Prepared by: \_\_\_\_\_ Date \_\_\_\_\_  
 Dietitian/nutritionist

Check with Nutrition Program Advisory Council. Menus must be planned for a minimum of six weeks. Forward to OKDHS, Aging Services Division, two weeks prior to use date, by the 15<sup>th</sup> of January, April, July, and October. Submit with nutrition analysis.