



OKLAHOMA DEPARTMENT OF HUMAN SERVICES



Project Menu Plan - Nutrition Program for the Elderly



Project title	Project director	Date
---------------	------------------	------

Meals	Date	Date	Date	Date	Date
Month/day/year					
Meat or alternate 3 oz. cooked, edible portion					
Vegetables and fruits 2, ½ cup servings					
Bread or alternate - 1 serving					
Butter or fortified margarine - 1 teaspoon					
Dessert - ½ cup					
Milk - ½ pint					
Beverage , 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 15th of January, April, July, and October. Submit with nutrition analysis.