

**FREE Lunch**

**State House North Atrium**

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**Celebrate National Nutrition Month and RDN Day!**

Meet Indiana Dietitians from across the state and learn healthy tips from your nutrition experts.

**Event organized by the Indiana Academy of Nutrition & Dietetics (**[www.eatright.in.org](http://www.eatright.in.org)**)**

**Meal provided by Barto’s Catering**

**Menu**

**Salads:** Chopped Cobb with Avocado, Pepper Bacon, Roasted Chicken, Glazed Ham, Smoked Turkey and Egg with Creamy Italian & Buttermilk Ranch, and Winter Citrus over Mixed Greens with Honey Lime Dressing and Feta

**Soups:** House Made Vegetarian Vegetable

**Sides:** Assort. Whole Grain Breads w/Olive Oil, Garlic Herb Infused Olive Oil & Sweet Cream Butter

**Desserts**: Angel Food Cake with Honey Marinated Strawberries

Mini Greek Yogurt Cheesecakes with Raspberry Sauce

**Drinks:** Iced Tea, Ice Water, and Raspberry Lime infused Water

**11a.m. – 1 p.m.**

## **Wednesday, March 14, 2018**

Join us to learn healthy tips to a nutrient-packed lunch, and meet Registered Dietitians – your state’s nutrition experts.

**Celebrate National Registered Dietitian Day!**