

Celebrate National Nutrition Month and RDN Day!

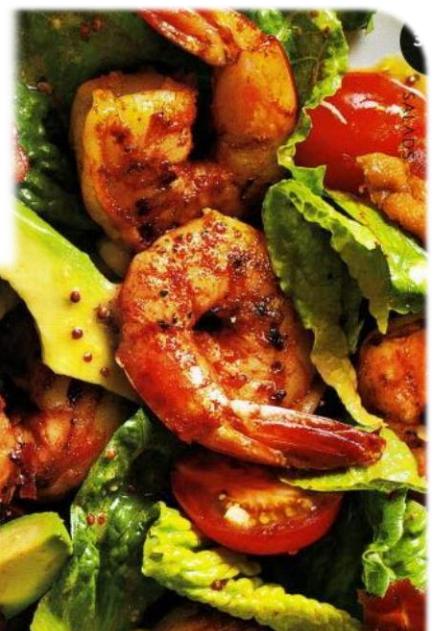
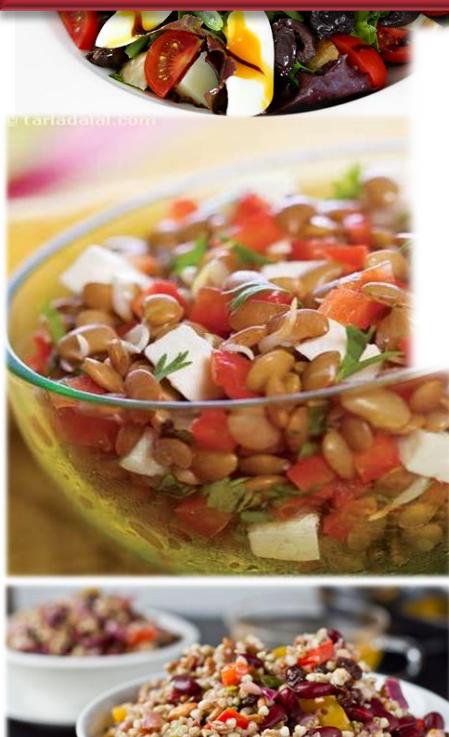
Meet Indiana Dietitians from across the state and learn healthy tips from your nutrition experts.

FREE Lunch

State House North Atrium
Sponsored by:



Healthy Food. Healthy Values.



Event organized by the Indiana Academy of Nutrition & Dietetics (www.eatrightin.org)
Meal provided by Barto's Catering

Wednesday, March 14, 2018 11a.m. – 1 p.m.

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