

A teal-colored graphic with rounded corners, set against a light blue background. The graphic features a thin orange horizontal line near the top and a thin white vertical line on the left side. The text "Eat Well & Keep Moving Lunch Break" is written in white, bold, italicized font on the right side of the graphic.

***Eat Well & Keep  
Moving Lunch  
Break***

## Sampling of *Eat Well & Keep Moving* Dishes

### Today's Menu

- Marinated black bean salad
- Tabbouleh
- Chicken stir-fry with vegetables on brown rice
- Chunky vegetable stew
- Sweet potatoes and orange juice
- Peach salsa

*(If facilities and time allow, participants can be treated to a lunch break demonstrating some of the Eat Well & Keep Moving food dishes. You can go to the Recipes folder on this CD-ROM to see its recipe. Feature your own Eat Well & Keep Moving dishes if you have developed new healthy dishes.*

*Sample Recipes:*

*Marinated black bean salad*

*Tabbouleh*

*Chicken stir-fry with vegetables on brown rice*

*Chunky vegetable stew*

*Sweet potatoes and orange juice*

*Peach salsa)*