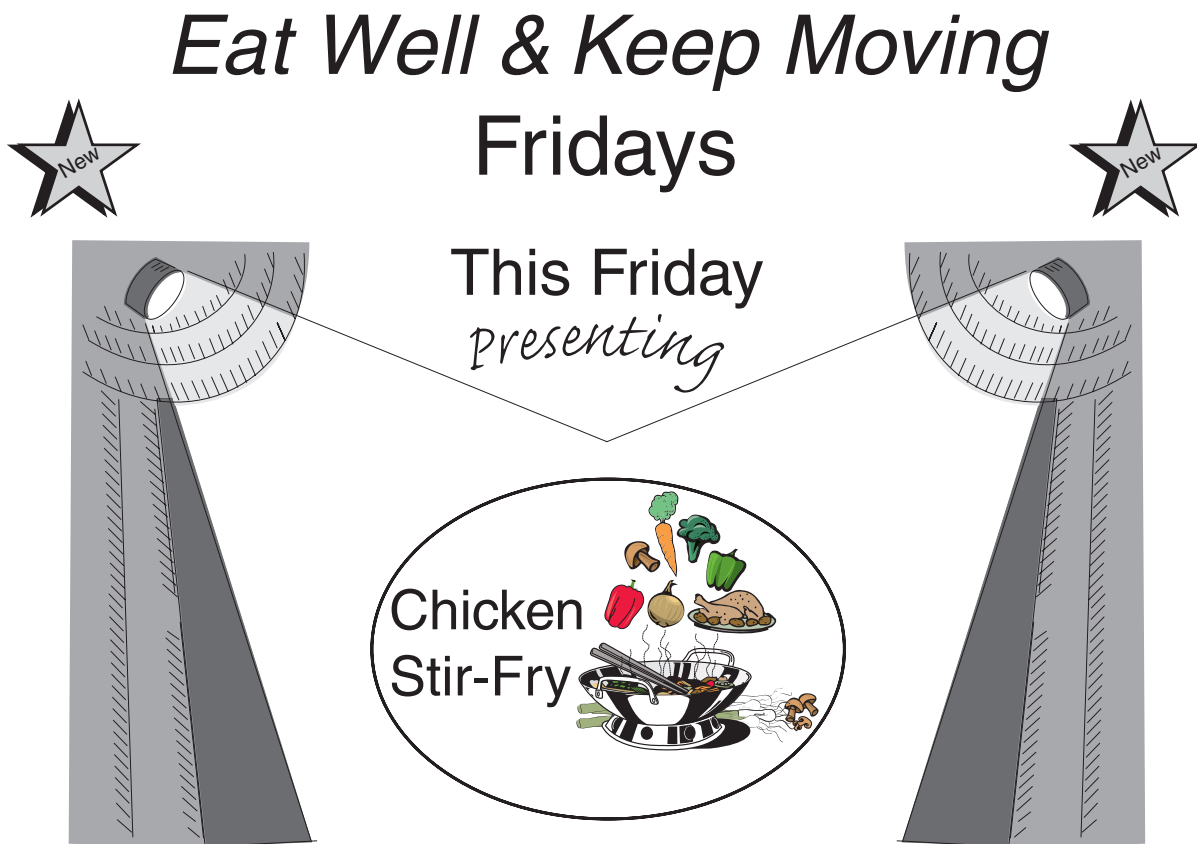


Food Ovals

Print and display food ovals on the *Eat Well & Keep Moving* menu boards (found in the Menu Board folder on this web resource) to feature *Eat Well & Keep Moving* menu items during promotional days in the cafeteria. Manual 4 on the web resource describes how to integrate food ovals and menu boards into cafeteria promotions.



Main Dishes

- ▶ Caribbean chicken on brown rice
- ▶ Chicken stir-fry with vegetables on brown rice
- ▶ Pizza primavera
- ▶ Vegetable chili
- ▶ Squish squash lasagna

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

(continued)

Sandwiches and Wraps

- ▶ Chicken gyro with cucumber sauce
- ▶ Crunchy Hawaiian chicken wrap
- ▶ Purple power bean wrap
- ▶ Roasted fish crispy slaw wrap

Side Dishes

- ▶ Herbed broccoli and cauliflower polonaise
- ▶ Brown rice pilaf
- ▶ Chunky vegetable stew
- ▶ Peach salsa
- ▶ Chinese-style vegetables
- ▶ Lentils of the Southwest
- ▶ Spanish chickpea stew
- ▶ Harvest delight

Salads

- ▶ Tabouleh
- ▶ Marinated black bean salad
- ▶ Hummus
- ▶ Mediterranean quinoa salad
- ▶ Aztec grain salad

Dressings

- ▶ Chunky typhoon dip

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).