

# Hello October



October is already here! Happy Halloween! Also, October 5<sup>th</sup> is World Teachers Day, so let's take the time to acknowledge the excellent work and amazing dedication of our teachers at Rogue River School District.

Sweet and Sour Chicken will be offered this month as well as our usual Orange Chicken. Spaghetti will be in the mix again as well as chili, to warm us up as the days cool off.

Our Happy and Healthy kids really liked the Parfaits this month, so we will be adding some new recipes of Parfait to keep it fun and fresh.

The salad mix has been refreshed with a wonderful blend of Romaine and Spinach, with more flavor and color than ever before. All American grown produce as well.

Chartwells would like to thank our local community for trusting us with the task of feeding your kids. Please do not hesitate to contact our food service director if you have any questions or would like to recommend anything your kids or you would like to see on the menu.

## Have you downloaded the Nutrislice app?

All Rogue River school menus are online, allowing families to:

- ✓ See nutritional facts for every menu item, including calories, fats, protein, etc.
- ✓ Filter for common food allergens
- ✓ Rate favorite menu items
- ✓ Plan ahead to be sure not to miss favorite meals during the week

Scan to access current online menus:



<https://rogueriver.nutrislice.com/>

Or download the Nutrislice App  
Today!



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serving up happy & healthy