



It's time to celebrate the independence of our great nation with fireworks, barbeque, family and friends.

Maybe a no added sugar watermelon slushie to encourage hydration. Watermelon is a great way to get our kids to hydrate.

With no added sugar, we are offering a natural sweetness at 9 grams of sugar per cup.

Ingredients:

2 cups Frozen watermelon (deseeded)

¼ cup sparkling water

Squeeze of lime juice

Recipe:

Blend Frozen Watermelon in a food processor

add lime juice

add ¼ cup sparkling water and stir

Serve immediately



Summer School is just around the corner, so sign up now !
Check Rogue River website or contact our dining service director for details.

Have a wonderful summer and thank you from Chartwells K12



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This institution is an equal opportunity employer

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!

chartwells 
serving up happy & healthy