



Summer School is just around the corner! We look forward to welcoming students back **July 27 through August 14** for another fun season of learning, nutritious meals, and great experiences.

As temperatures rise, remember to **stay cool and stay hydrated**. Drinking plenty of water, enjoying fresh fruits and vegetables, and choosing refreshing beverages are great ways to fuel summer adventures.

Simply get 3 beverages:
1 red, 1 white & 1 blue. 1 red juice (for the bottom,) 1 white hydrating drink with low sugar (for the middle,) and 1 sugar free blue drink (for the top.)

Fill a mason jar with ice and pour slow, red drink, white drink, and then, blue drink. Some colorful straws make it complete.



For summer school information, registration, and district updates, visit:

www.rogueriver.k12.or.us

Wishing everyone a safe, healthy, and Happy July!



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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!