

Happy 4th of July

It's time to celebrate the independence of our great nation with fireworks, barbeque, family and friends. It's going to be a hot one, so hydration is important. Maybe a no added sugar lemonade to encourage hydration. Lemonade is a very nutritious drink and with only 2 grams of sugar, this recipe will not dehydrate us like the traditional one.

Ingredients:

2 cups Fresh Strawberries
2.5 tablespoons Stevia (or sweetener of your choosing)
1.5 Cups fresh squeezed lemon juice.

Recipe:

Blend Strawberries in a food processor, add 1 cup water.
Stir sweetener in lemon juice to dissolve it.
Add 6 cups water.
Stir, garnish and enjoy.



A big thank you goes out to our Rogue River maintenance staff for all the hard work they do getting our facilities ready for Fall.



Jacob Favro
Food Service Director
541-582-3234 x-2150
Jacob.Favro@compass-usa.com

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!