

Three Rivers September Nutrition Newsletter



Applegate Kinders celebrating the start of school!

Welcome Back Students and Staff

Welcome to your monthly newsletter! We are excited to share our journey of nutritious foods with you!



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Upcoming Discovery Kitchen Events

The Fresh Fruit and Vegetable program returns in October.

The Fresh Fruit and Vegetable Program (FFVP) provides children with a variety of fresh fruits

and vegetables. Last year we offered, **Red** **Bananas** - **Cucum** and **Watermelon** Radishes.

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POWERED BY THOMSON REUTERS

Next Month in Discovery Kitchen

October is Seed to Table month in the cafes where we'll be engaging students with fresh recipes and fun informative nutrition education. Seed to Table is a celebration of fresh, seasonal, and local foods with an exploration of how students and families can have fun growing their own vegetables and herbs.



EVERYTHING
tastes fresher when
it's right from the
farm or garden!

Discovery
KITCHEN



Fresh & Local
Fruits and Vegetables are
always on the menu!