

Lunches and Snacks

Due to licensing changes, Roots and Wings Forest School will NO LONGER be providing breakfast and snacks beginning in June. Therefore, please supply a nonperishable lunch and snacks for the day. We recommend 2 snacks for regular day students, and one additional breakfast/snack item for Early Birds/Night Owls. There is no refrigeration or microwave available for students. Any wrappers/containers from food items will be sent home to keep school waste to a minimum. We encourage foods where waste can be composted on site.

Students are allowed to eat what they want from their lunchbox when they are hungry during the day, so please pack amounts of foods that are nutritiously appropriate. Students may eat:

Breakfast (Early Birds) : 7:30-8:30am (optional; many students eat breakfast at home!)

Morning Snack : 9:00-10:30am (optional, student may eat if/when hungry)

Lunch : 12:00-12:30 (community meal as a whole group, students may eat until 12:45 if needed)

Afternoon Snack : 2:00-3:30pm (optional, student may eat if/when hungry)

Night Owls Snack : 3:45-4:45pm (optional, student may eat if/when hungry)

The USDA requires all students enrolled be provided a balanced meal. Lunches must include:

	Preschool aged	School Aged
Fruit	¼ cup	½ cup
Vegetable	¼ cup	¾ cup
Whole Grain	½ oz	1 oz
Protein	1 ½ oz	1 oz

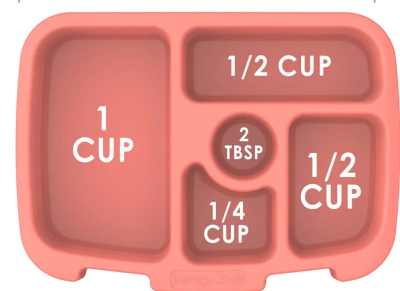
*Roots and Wings Forest School will offer a half pint of milk daily for students at lunch.

(Roots and Wings Forest School will have ready to eat food options available if lunches do not meet these requirements. Families will be subject to fees for excess missing lunch items.)

Bentgo boxes are an easy way to help portion your child's lunch!

[Bentgo Option One](#) [Bentgo Option Two](#)

There are many more bento box options available as well!



WATER BOTTLES WILL BE PROVIDED FOR ALL STUDENTS

AND CLEANED DAILY. Licensing now requires water bottles remain on site, please do NOT send water bottles from home. Cold, clean water is available at all times for students to refill. We will be purchasing the [Bubba Flo Kids Water Bottle](#). If you prefer a stainless steel bottle, you may purchase one to be left at school all summer. Bottles must be dishwasher safe, have NO straw, and your child must be able to open it themselves to drink or refill.