

## **Food Service**

### **Staggered Meals and Dining hall**

Each group is scheduled for a meal time and a dining hall. Our two dining halls are Fireplace and Superior Dining Hall. Meals are staggered between groups to help limit wait time in line. First rotation for all meals is as follows:

Breakfast 7:30

Lunch 12:15

Dinner 5:15

Meals are staggered in 5 minute increments. Please see your schedule for your scheduled meal time.

### **Special Dietary Needs**

Wolf Ridge provides a dining experience that offers menu items to accommodate vegetarians (no red meat, poultry, or fish) and in turn providing a whole protein at every meal through combinations of other items, e.g. beans and rice or grains and dairy. Wolf Ridge is not able to fully accommodate a vegan diet and asks the participant to bring items to supplement their personal needs. We can also offer gluten free alternatives if asked ahead of time. Our food service remains at the ready to discuss supplements and what may be needed. However, despite our ability to accommodate these dietary restrictions we still need to know how many participants have these restrictions in order to reduce food waste.

With very specific dietary conditions we may ask that a participant bring their own food which we can either help prepare or warm up as we do not have the ability to provide a balanced meal.

We ask that you let our food service know in the Food Service Form about ALL dietary conditions. For specific concerns please contact our Krysty Fulton at [krysty.fulton@wolf-ridge.org](mailto:krysty.fulton@wolf-ridge.org) or 218-353-7414 ext 100.

### **Peanuts and Tree nut free**

The Wolf Ridge kitchen and dining halls are peanut and tree nut free during all school year programs. All participants are asked to not bring in snack items with peanuts and tree nuts as ingredients.

### **Kitchen Patrol**

Each school must provide Kitchen Patrol. (KP). Please send 1 Kitchen patrol for every 15 students and 1-2 adults for every KP group. Breakfast KP should arrive at 7 am, lunch at 11:45 am and dinner at 4:45 pm. Please note that KP helpers will be released by 8:15 am, 1:15 pm and 6:15 pm.

**Coffee** is available in the dining hall from 6:00am until 6:00 pm. While we provide limited cups, we recommend that adults bring their own reusable cup.

**Individual Birthday cakes**, if ordered in advance, will be prepared for participants who have a birthday while at Wolf Ridge.

**Evening snacks** may be ordered for your group in advance on the Food Service form. **If bringing your own snacks, for the safety of all guests, please ensure that the snacks have no peanuts or tree nuts as ingredients.** Snacks can be stored in common areas or laundry rooms. No food allowed in the dorm rooms.

We are working to achieve Living Building certification in the Mac Lodge. The LBC certification challenges us to act on the waste we produce. To achieve certification we must reduce the amount of trash we send to the landfill by 90%. We know that most of the trash generated in the dorms has to do with snacks.

If you plan to bring snacks for your students to Wolf Ridge, please carefully consider your packaging and strive to bring stuff that is recyclable. Keep in mind we have limited recycling. If you create a lot of trash we may need to ask you to take snack generated trash back home with you. We encourage you to take home products that you can't recycle here at Wolf Ridge but can recycle in your home community. For example, we are unable to recycle juice boxes or number 5 bottles, however, many urban communities can recycle these items.

**Departure Day Travel Meal information**

Groups are welcome to choose a Travel meal as their departure meal, in place of a sit down meal in the cafeteria. Travel Meals are packed in bulk, each component in its own bag. Your meal will contain ingredients for a meat and cheese sandwich with sides of mayo and mustard. Vegetarian options will be sun butter and jam. Additional items include 2 oz of carrots, a whole -wheat granola bar, a beverage and an apple or an orange. Serving gloves, paper plates, napkins and garbage bags will be provided.

Wolf Ridge will pack bulk items for each bus, if you inform the kitchen of the number of items needed for each vehicle. Please talk to the kitchen staff no later than the morning of the day before your departure.

These meals are intended to be eaten on the road and NOT in the dorms. If you are wanting to eat prior to your departure we ask that you eat in the dining hall.

**Wolf Ridge Organic farm**

Much of our produce is from the Wolf Ridge Organic farm and our meats and other products are sourced as locally as possible.