

Important Message to Parents from North Colonie Food Service

Dear Parents and Guardians,

We hope this message finds you well. We are excited to announce that for the upcoming school year, all students enrolled in Blessed Sacrament School will receive free breakfast and lunch every day. This is made possible through the National School Breakfast and Lunch Programs, which aim to ensure that all students have access to nutritious meals to support their learning and overall well-being.

Key Components of School Meals:

1. **Free Meals:** Both breakfast and lunch will be provided at no cost to all students.
2. **Nutritional Standards:** Our school meals meet strict federal guidelines to ensure they are balanced and nutritious.
3. **Variety and Choice:** We offer a variety of options each day, including fresh fruits, vegetables, whole grains, and lean proteins.
4. **A La Carte Options:** Please note that all a la carte items, as well as additional beverages including milk (milk is **no** charge when part of the complete meal), must be purchased separately. Payments can be made either with money at time of purchase or using their school lunch account. Funds can be added to their student's account by sending check or money to their school cafeteria manager or electronically by setting up an account at linqconnect.com

We encourage you to take advantage of this opportunity to ensure your child receives a healthy meal during the school day. Proper nutrition plays a crucial role in academic success and overall health.

If you have any questions about the National School Breakfast and Lunch Programs, or about our school meal offerings in general, please do not hesitate to contact us at lisa.ostrowski@nccsk12.org.

Thank you for your continued support in helping us provide nutritious meals to our students.

Warm regards,

North Colonie Food Service Team and Blessed Sacrament Team