

Welcome to our new families at Schroon Lake Central School! We are happy that you are here and look forward to nourishing your children! Welcome back to everyone, we missed you!

For those families new to this school, here is a quick “snapshot” of our food program. At SLCS we cook completely from scratch, bake all of our own bread, serve grass fed beef from Ben Wever Farm in Willsboro, serve low-spray apples from Gunnison Orchard, and this year we will be getting fresh vegetables from various local farms including Essex Farm, Juniper Hill Farm and the Hub on The Hill in Essex. We work hard to improve every year. This will be our third year serving yogurt from North Country Creamery and eggs from Latremore Farm. We feel that it is our job to make sure that your children are nourished properly so that they can function to the very best of their abilities in both mind and body and even emotion, as studies are now coming out that emotional health is also tied to our food!

Most of our snack items are made from scratch and they comply with our new Smart Snacks rule from the USDA. Our most popular snacks were our homemade popcorn and our own muffins and granola bars. We also make some “mostly” healthy cookies that we offer after lunch. It is very important that we sell as many snacks as we can to help keep our budget. Our price for most except for ice cream is 50 cents. PLEASE consider supporting us this way. We have lots of yummy, nutritious options!

This year will mark our third with a Federal Community Eligibility Grant that allows us to offer breakfast and lunch ABSOLUTELY FREE! We do need every family to fill out our Income Verification Form just like last year. It is very IMPORTANT that we receive this from everyone. It is completely discreet and is locked up and in three years discarded. This allows us to keep our grant! Also, it may lead to us receiving more in reimbursements.

As far as breakfast, every day we will offer eggs, bagels, toast, yogurt, oatmeal, granola, fruit, fruit juice and milk.

Please feel free to call 532-7164 or email jholbrook@slwildcats.org anytime with questions.

Thank you. We look forward to another great year!