



5th, 6th, & 7th
Grade Band
page 8



Color Run
for FUN'ds
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rmcacs.org

ROCKY MOUNTAIN CLASSICAL ACADEMY NEWSLETTER

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Front Office Hours:

7:30am — 4:00pm

Attendance E-mail:

Nancetta Westcott

nwestcott@rmcacs.org

Front Office: 719-622-8000

Fax: 719-622-8004

Good Afternoon RMCA families,

It is finally Spring here in the Pikes Peak region. Along with great weather and impressive blooms, this is the time of year that students across the United States struggle the most with social emotional and mental health issues. Specifically, EL Paso County has historically had a large uptick in the number of students struggling with these concerns this time of year, and this year will be extraordinarily tough. RMCA is not immune from having to deal with these difficult situations, and we have been consistently helping students throughout this school year work through these issues.

At least 1 in 5 school-aged children is affected in some way by mental health conditions, either their own or by someone close to them (National Alliance on Mental Illness). The two most common conditions among children and adolescents are anxiety followed by depression, but children can have other difficulties that affect their ability to fully take part in and benefit from their classroom experiences. These include attention deficit-hyperactivity, autism spectrum disorder and eating disorders.

Many children can also suffer from emotional reactions to the strain of learning issues, medical illness, family financial struggles, personal problems, and of course COVID related stressors. While not all mental health problems directly affect students' academic or school functioning, many do. The strong partnership that RMCA has with our parent community can help. Some things that parents can do with this partnership:

Be honest, direct and specific. We will respond with compassion and willingness to help if we can understand what is happening with your child.

Be available for discussion, with your child and your teachers, on hard topics with which your students may be struggling.

Ask questions about what teachers are seeing at school. Don't assume they're seeing what you see at home.

Some signs that parents can see at home may include:

- Not talking as frequently or as openly with you
- Having problems making or keeping friends or romantic partners
- A sudden change in grades or having other academic problems
- A sudden change in behavior
- Posting concerning things to social media

With teaching, as with parenting, this all starts with relationships. As a parent you can:

- Be available to your children and touch base regularly over dinner, on the way to the game, or while sitting out front enjoying the weather,
- Talk to your students openly about the relationships they have at school,
- Make sure you are meeting their friends,
- Be keenly aware of what is present in their personal environments,
- Regularly seek information on your student's academics and behavior and discuss changes in a supporting manner,
- Focus family time on positive activities geared towards student interests, and,
- Always, Always, Always, monitor your student's social media, as this has a deep connection to nearly all issues concerning student mental, social, and emotional health.

RMCA has a team of amazing professionals that are trained in the latest counseling techniques in order to guide students and parents in order to make the best decisions on emotional and mental health issues. Mr. Stone, Mrs. Smitty, and Mrs. Blanc love our kids and are here to help them navigate through tough times. If your family or your student is experiencing some tough times, REACH OUT. We are here to partner and help.

Thank you for all you do to partner with RMCA in keeping your students safe. Have a great weekend.

Principal Mac



Donations Needed

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About RMCA

Our Vision

Creating culturally literate citizens who will impact their world for life, liberty, and justice.

Our Mission

Rocky Mountain Classical Academy exists to support parents in developing citizens and characters who are equipped with a strong knowledge base and academic skills. The basis of this development is rooted in an academically rigorous, content-rich, classical educational program with Core Knowledge emphasis.



Process Champions



RMCA Captures Kids Hearts

Genuinely engaging our students is a pillar within the CKH program. There are several things we accomplish by implementing this step: we start the day with a positive greeting, affirm each student, welcome students into our class, and give them our full attention, first thing.

Important Reminders

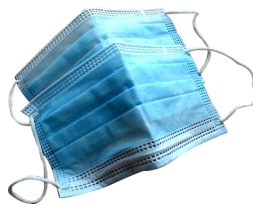
Uniforms

Uniforms make it easier for students to focus in class and promote a safe student culture not focused on style, brands, and fashion trends. Please make sure your student's shorts and skirts are long enough to meet the uniform policy guidelines. Shorts and skirts should be no shorter than 2" above the knee when sitting. You may use this link for further information on the [RMCA Uniform Policy](#). Students may "dress up" on occasions when special events are scheduled, ie: music programs, game days for athletes, picture days, etc. Rules for modesty and dress code still apply on these days. Skirts must be of school appropriate length, no strapless or spaghetti strapped tops, no tight or low-cut clothing, no heels greater than 1", etc. Thank you for helping us by having your child follow this policy!



Masks

We will continue to follow the state recommendations for students and staff members on wearing masks and facial coverings. Students ten and younger may wear masks and facial coverings. Students eleven years and older and staff members must wear masks or a facial covering. We ask that students wear masks and facial coverings *without words or images that could be scary for our younger students*.



Cell Phones

Students need to have their cell phones and turned off and put in their backpacks before they enter the building in the morning. If students have their cell phones out of their backpacks the phone will be sent to the office. Smart watches may be worn if used as watches. If smart watches are used to take pictures, record, text, or place a phone call they will be taken to the office. Parents will be called and will need to pick the phone or smart watch up from the front office.



Water Bottles

Please send your child with a water bottle each day. The drinking fountains have been turned off and covered for student safety. We have a touchless water bottle filling station available near the gym if students need to refill their water bottle through the day. Parents have donated some water bottles for students who have forgotten to bring one.

Cold Weather

Colorado is known for its crazy weather! Be sure to watch the weather forecast and send warm coats for students on colder days. If it is too cold we will keep students in for inside recess, but want to give kids the opportunity to be outside and get their wiggles out as much as possible.

Important Reminders

Family Night

We will have our Prospective Student/Family Night on **Tuesday, April 20th from 5:30-7:00pm**. You will be able to meet some of our teachers and administrators, tour the school, and learn more about RMCA at this event.

Email Us

If you have any questions or concerns, please email info@rmcacs.org.

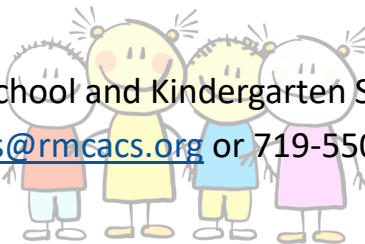
Attendance

If your child will be absent, the best way to notify the school is to e-mail Nancetta at nwestcott@rmcacs.org. You may also call the school and press #1 to reach the attendance line.

If your child has to be out of school for a COVID-19 related absence, you can contact your child's teacher for daily work. If your child is keeping up with their daily work and you are communicating with the teacher on a daily basis, the absences will not count against your child's total number of absences. This can apply if your child has to be out of school for a COVID-19 exposure or if they test positive for COVID-19 and are able to do school work.

Preschool

RMCA is currently enrolling Fall Preschool and Kindergarten Summer Camp from ages 3 to 7. Please contact Melissa at mcornelius@rmcacs.org or 719-550-5440 for registration information.





Dear Rocky Mountain Classical Academy Families,

With the combination of very warm days, followed by cold days, you know that spring is around the corner. With the change in seasons comes the time to measure the progress your child has made in the classroom this year. Beginning April 13th-15th, third, fourth, fifth, sixth, seventh and eighth-graders will participate in Colorado assessments of English language arts and math. Our fifth and eighth-graders will also take tests in science on April 20th-22nd. These tests provide important feedback on the firm foundation we have built with each learner, during this tough year.

- These assessments do not define a student's abilities and skills, but they do impact how we deliver instruction to meet the unique needs of each student.
- For our school, testing helps us understand our strengths and weaknesses, as well as prioritize needs, define problems, and develop solutions. It also enhances the ability for student placement into the appropriate classes for high school.
- Parents gain insight about academic strengths and areas for growth, as well as information about how students compare to others across the state and nationally.
- Our community is provided with information about how our school is performing overall.

Here are some things you can do at home to maximize your child's success: eat a good breakfast the morning of the assessment, go to bed early to ensure a good night's rest, continue daily reading time at home, and continue to practice basic math facts.

On behalf of the entire staff, thank you for your continued support of your child, our teachers and our school. Please contact me if you have any questions or concerns. RMCA respects any parent's decision to opt out of the assessments. If you wish to opt your child out of this important assessment participation, you must come to our front office in person and sign the 2021 D49 State Assessment Parent Request form for Opt Out no later than March 19th, 2021. We cannot accept forms after that date. We cannot accept an e-mail or phone call to opt out, as we are legally required to have the signed form. If you choose to opt out your student from CMAS testing we will have a setting for them to silently read for all the testing days. This will be a non-instructional environment for the day of testing. The school library will not be available, classrooms and teachers will be a part of the testing at this time. If you choose to keep your student **who has opted out** at home **during these testing days**, we provide an administrative excusal for them.

Thanks again for your continued collaboration!

In partnership,

Cullen McDowell, Principal

CMAS Testing Checklist



continue to practice basic math facts



continue daily reading time at home



go to bed early to ensure a good night's sleep



eat a good breakfast the morning of the assessment



ROCKY MOUNTAIN
CLASSICAL ACADEMY



Join RMCA
teachers and
staff for a night
of conversation
and tours

Prospective Student Night

April 20, 2021

5:30–7:00pm

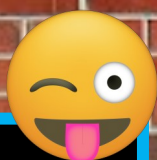
4620 Antelope Ridge Drive

Get to know teachers, experience the curriculum,
hear about the mission and vision of RMCA.

Enrolling Now



ORDER HERE!!!



**We have
170 yearbooks...**

**BUY  YOUR
Middle School
Yearbook**



**Questions?
Contact Pam Levicki
plevicki@rmcacs.org**



**Get 'em while
they last!**

\$25

**GIVE A LITTLE. HELP A LOT.
DONATIONS NEEDED**



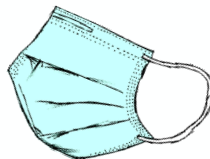
FRONT OFFICE NEEDS :

- ✓ Cases of water
- ✓ Adult face masks

*One case of water = One volunteer hour
One box of masks = One volunteer hour*

WHAT TO BRING

- ✓ Donated item(s)
- ✓ Receipt(s)
- ✓ Hours will be logged accordingly



**You must complete
an application to
volunteer or receive
volunteer hours!**

APPLY HERE

*Due to COVID-19, please contact your student's teacher for work-at-home projects

LEARN A MUSICAL INSTRUMENT

Join the Band

5th, 6th, & 7th Grade Students



There will be two band sections:

BEGINNING BAND & SYMPHONIC BAND

Is your student interested in the Band Program next year? Band is a full commitment and will replace students' Music & PE Encore classes. Students will need their own band instrument and will be expected to practice at home. Please see the pre-registration link below about options to acquire an instrument. The registration form must be completed by **Friday, April 16th**.

2021-2022 Pre-Registration Form

Contact Smitty with questions
dsmith@rmcacs.org

Attention: Middle School Students

**PLEASE
DON'T
FORGET...**



**TO BRING YOUR
WATER BOTTLE
& Mask
TO SCHOOL**

RMCA'S

Color Run for Fun'ds

**MAY
15**

@ROCKY MOUNTAIN CLASSICAL ACADEMY

REGISTRATION AT 8:30AM | EVENT STARTS AT 9:00AM

Share link with friends and family:

fundraisercart.com/rmcaruns

WIN prizes and earn funds for your school...

Then run on May 15th & get blasted with color!

**\$15 donation & earn
your shirt and Color Pack!**



Color Run for FUNds

PRIZES



\$15 T-shirt



\$30 Finger Lights



\$45 Flashing Slime



\$60 Light Up
Sling Shot Rocket



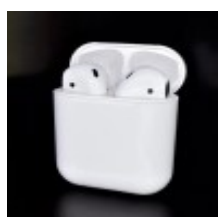
\$75 Light Up
Glasses



\$90 Cell Phone
Disco Light



\$120 Flashing Color
Bubble Blaster



\$150 Ear Pods



\$300 Party
Bluetooth Light



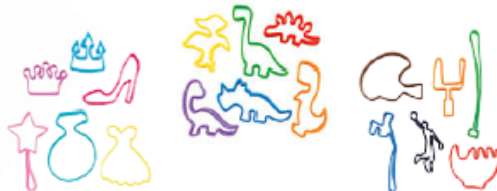
\$500 Groovy Lamp

*Prizes are cumulative. You earn the prize shown when you reach that donation level.
Earn up to 10 PRIZES! They will be distributed before Race Day in class.



Earn up to 3 Color
Packs to use at the
Run when you hit
\$15, \$30 and \$45
donation level!

Receive a band for each
donation level you reach!!!





Rocky Mountain Classical Academy Landsharks Running Club

We offer a non-competitive youth program to introduce running to young athletes in a safe and fun environment. The focus is on self-improvement, being an encouraging teammate, and making new friends. The Spring Track Series is led by Ken Craig and is open to students in kindergarten through 5th grade. An (**Orange**) team t-shirt (\$15) is required for all runners. Shirts are used for the spring and fall season.

PRACTICES Practices consist of running games and track workouts with a strong focus on fun. All County and State COVID guidelines will be followed. Please see our website on how Landsharks is keeping coaches and kids safe. Practices are on Tuesdays and Thursdays at 3:45-4:30 pm beginning April 13, 2021. Please meet at the basketball courts.

MEETS

Races are held on Sunday afternoons at TBD. Each race day runners will run **two** races. Meets are April 25, May 2 and May 9, 2021. Exact afternoon time TBD. All meets will follow the County and State guidelines and restrictions for both athletes and spectators. Runners will run 2 races at each meet.

* Meet #1- All runners will run the 50m dash, followed by the 400m race. Subject to change.

* Meet #2- All runners will run the 100m dash, followed by either the 400m or 800m race depending upon age. Subject to change.

* Meet #3- All runners will run the 200m dash, followed by either the 800m or 1600m race depending upon age. Subject to change.

Runners must be registered prior to their first practice.

Please register online at www.landsharksrunningclub.com

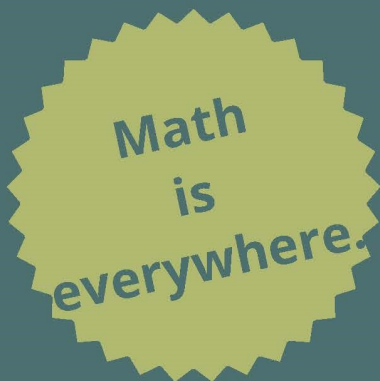
\$60 registration fee until Registration closes on
April 18, 2021 at 11:59pm.

Registration numbers could be limited due to COVID restrictions!

I look forward to working with your athletes! Please consider volunteering to help coach or work at our race site. If you have any questions or would like to volunteer, please let me know!

Coach: Ken Craig

Email: kjcraig21@gmail.com



video



website

Pikes Peak Regional Math Week

April 19-23, 2021

A full week of family time with
stories, games, and math activities
in English and Spanish for
families with students in K-5.

mindresearch.org/pikespeak-math-week



MIND
RESEARCH INSTITUTE

Las
matemáticas
vienen de
todos lados.



video



sitio web

semana matemática de Pikes Peak Regional

19 al 23 de abril de 2021

Una semana llena de tiempo familiar,
cuentos, juegos, y actividades
matemáticas en Español e inglés para familias
con estudiantes de grados K-5.

mindresearch.org/pikespeak-math-week



My Kid's Lunch

FREE CHILD MEALS!

Extra Milk \$.60

Lunch \$2.95

Breakfast \$3.00

Adults \$3.70

All meals are FREE to students until the end of the school year. At RMCA, we are invested in our students' health and are committed to offer healthy food to our students.

Monday 4/12	Tuesday 4/13	Wednesday 4/14	Thursday 4/15	Friday 4/16
<i>Cereal Craisins</i>	<i>Chicken Sausage Biscuit Cinnamon Pears</i>	<i>Blueberry Bread Dried Fruit</i>	<i>Waffles, Syrup 100% Juice</i>	<i>Pumpkin Bread Applesauce</i>
Red Chicken Tamales Salsa Black Beans Peach Crisp	Chicken Patty Sandwich Wheat Bun, BBQ Sauce Steamed Corn Whole Fruit	Creamy Swedish Meatballs Buttered Noodles Steamed Peas Cinnamon Apples	Turkey Hot Dog, Wheat Bun, Ketchup Baked Beans Whole Fruit	Teriyaki Chicken Mixed Veggies Steamed Rice Dried Fruit





FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER SUMMER

YMCA SUMMER DAY CAMP

Ages 5 - 12

Camp starts on May 24, 2021.

We will have weekly sessions running through August 13, 2021.

TIME

6:30 a.m. – 6:00 p.m.

COST

Registration Fee (one-time) \$50 per child

Weekly Day Camp Fee

Full Week - Members	\$220
Full Week - Nonmembers	\$250

3 Day Option - Choose your 3 days!

Available at Tri-Lakes only	
Members	\$155/week
Nonmembers	\$185/week

LOCATIONS

- Briargate YMCA
- Tri-Lakes YMCA / Lewis Palmer Elementary School
- Southeast YMCA
- Downtown / central locations will be announced soon!

**Join us for one week
or all summer long!**

Learn more at ppymca.org/daycamp

YMCA OF THE PIKES PEAK REGION

Financial Assistance Available • CCCAP Accepted



Help Us Keep Our School Open for In-Person Learning: Become a Sub!

With substitute teacher shortages, rising cases in the community and quarantines among our staff, our school is stretched thin. We need your help! Become a sub and keep our school open for in-person learning! Just as you use on-demand apps to rent vacation homes or to set up a ride, we request substitutes using Tagg. Tagg is a Colorado Springs based platform that connects schools with local substitutes offering their services. Think of it like Uber for education. Tagg enables you to start subbing in you child's classroom in just a week as an independent contractor!

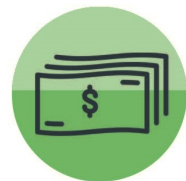
Accept Jobs



Cover Classes



Get Paid



Why Create a Tagg Profile?

- Easy to sign up
- No sub license required
- Choose when to work
- Sub just at our school or sub at many schools
- Make between \$90-\$130 a day
- Help us stay open!

How to Get Setup

- 1 Create your substitute profile at subs.taggededucation.com/register
- 2 A team member will provide details to help you complete a background check (required without a license) and e-sign sub documents
- 3 Start subbing!

Have questions? Want more information?

Visit www.taggededucation.com or email us at support@taggededucation.com

COVID-19: Information for Families

Stay Safe, Stay Well, With These Helpful Reminders

- ▶ Wash your hands often or use hand sanitizer if soap and water are not available. Yes, even when you are at home!
- ▶ Avoid being around people that don't live in your house. Many people get sick being around people that they know. Limit contact to 15 minutes or less.
- ▶ Continue with social distancing (6 feet), just like at school.
- ▶ Wear a mask when you leave home, and when you are around people that don't live in your house.
- ▶ Help out with cleaning at home – disinfect items that others might touch, such as counter tops, tables, door knobs, light switches, handles and drawer pulls, toys, personal items, and surfaces in the car too.
- ▶ Don't share eating utensils, cups or glasses, or drink containers such as water bottles or juice boxes.
- ▶ Open windows at home when the weather is good. Fresh air is important.
- ▶ Consider getting a flu shot soon – contact your medical provider for information.

Monitor Your Whole Family for Symptoms Daily:

- Monitor all family members for fever or other symptoms of illness, while at home or before leaving home. Take everyone's temperature with a reliable thermometer.
- If your student has any symptoms (even one symptom), they should not be going to the school, to small group instruction, or to special services for any reason. Notify the school immediately and keep your child at home.
- Any of the symptoms listed are possibly COVID-19. It is not possible to tell the difference between COVID and any other illness such as a cold, the flu, seasonal allergies or other illness, without a COVID PCR test. Some people have COVID and have only Minor Symptoms. Some people don't have any symptoms and still test positive for COVID. You might not know if someone has COVID or does not have COVID.
- Symptoms of COVID can appear 2 to 14 days after exposure to the virus. A COVID positive person can share the virus 2 days (48 hours) before they have any symptoms.

COVID-19 Symptoms

CRITICAL SYMPTOM	MAJOR SYMPTOMS	MINOR SYMPTOMS
Loss of taste or smell	<ul style="list-style-type: none">• Feeling feverish, having chills, temp of 100.4F or more• New or unexplained persistent cough• New or unexplained shortness of breath or difficulty breathing	<ul style="list-style-type: none">• Sore throat• Runny nose or congestion• Muscle or body aches• Headache• Fatigue• Nausea, vomiting• Diarrhea

EMERGENCY COVID-19 WARNING SIGNS include: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face. Seek medical attention immediately by calling 911.

This list is not all-inclusive for Major, Minor, or Emergency Symptoms. Please consult your medical provider for any other symptoms that are severe or concerning. Your medical provider may want to discuss evaluation, testing or have other directions for you.

If Anyone in the Home has any Symptoms or is Sick:

Stay home! Avoid being around others. If symptoms last longer than 24-48 hours, contact your medical provider.
www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html

Where to get tested for COVID-19:

- ▶ www.ElPasoCountyHealth.org/covid-19-testing-information
- ▶ A PCR test is best. A rapid test for COVID-19 is only treated as accurate if it is a positive result. A rapid test might be negative because it's done too soon or too late to detect COVID. A PCR sample is sent to a lab for results.
- ▶ If there are no symptoms, it may be too soon to tell if COVID is present or not.
- ▶ It may take several days to get results back. While you wait, stay home and monitor symptoms. Avoid others.
- ▶ If anyone in the home has been tested for COVID, or has symptoms, it is best that everyone in the home stays home and waits for the test results. Or, separate the sick person from others as much as possible while waiting.

If Anyone in the Home Tests Positive for COVID-19:

- ▶ Please notify the school, or school nurse. Even if we are E-learning, it is very important that we accurately keep track of the number of cases in our community and those cases associated with our district buildings.
- ▶ If someone in the home is positive for COVID, everyone in the home must stay home and isolate or quarantine also. The decision for the exposed household members to isolate for 10 days, or quarantine for 14 days, is dependent on several factors.
- ▶ Please contact the school nurse for more guidance. The school nurse can provide you with information that you need to care for your family and protect the community.

For further guidance, contact your medical provider, El Paso County Public Health, or your school nurse.

This information provided by District 49 Nursing Services
www.d49.org/nursingservices

If you were advised to go into Isolation or Quarantine, would you know what to do?

www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf

- **Isolation** keeps someone who is infected with the virus away from others, even in their own home.
- **How long is Isolation?** 10 days to monitor for other symptoms and recover. Isolation is only 10 days, because you may have already had the virus 2-4 days before symptoms appear. Stay home and only go out if medically necessary.
- **Quarantine** keeps someone who might have been exposed to the virus away from others. It helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.
- People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department. Stay home and only go out if medically necessary.

- **How long is Quarantine?** 14 days to monitor for any symptoms. It takes 2-4 days after being around someone sick with COVID for symptoms to appear if you are infected.
- If you have been around someone who has COVID, you will be advised to Quarantine. If symptoms start during Quarantine when you have been around someone with COVID, you will need to start your own 10-day Isolation to monitor for other symptoms and to recover.
- **Note:** If quarantine begins at noon on Day 1, it ends at noon on the last day.
www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

References:

- ◆ www.elpasocountyhealth.org ◆ <https://covid19.colorado.gov>
- ◆ www.cdc.gov ◆ <https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools>

**Submit an
Anonymous
Report**

safe²tell Colorado

Make a Report. Make a Difference.



1-877-542-7233



Anonymously report anything that concerns or threatens you, your friends, your family or your community.
We are open 24/7, 365 to take reports.

Parents are key players in creating safer schools and communities. Safe2Tell Colorado provides the only anonymous way for students, parents and community members to report unsafe and risky behaviors before they grow out of control. Each year, Safe2Tell Colorado receives thousands of reports on bullying, cyber-bullying, suicide threats, mental health concerns, child abuse, substance abuse, violence, planned school attacks, and other concerning behaviors. Each concern reported to Safe2Tell Colorado allows for caring, concerned adults to effectively intervene in the life of a child or youth who is struggling.

Safe2Tell Colorado wants everyone to know - telling isn't "snitching." Telling is when you need to keep yourself or someone you know safe from threats, harmful behaviors or dangerous situations. Not sure if you should use Safe2Tell? If you don't, who will?

We need your help to improve your school and community. By calling, you can help stop a friend from committing suicide, get another student off drugs, or stop a bully from making other people miserable. If you have information about the following topics, please call.

To make a report, call 1-877-542-7233 from anywhere, 24 hours a day, seven days a week. The call is free. You may also make a report by clicking on the yellow conversation box adjacent to this paragraph that reads Submit a Tip or download the Safe2Tell mobile app on the [Apple App Store](#) or [Google Play](#). Remember, your identity is safe. No one will ask for your name or number. There is no caller id., no call tracing, no call recording and no call forwarding. We only want to hear your concern and try to help.

The anonymity of all Safe2Tell Colorado reports is protected by C.R.S. 07-197. This means the reporting party remains UNKNOWN by Colorado State Law.

My Kid's Lunch



FREE BREAKFAST & LUNCH FOR ALL CHILDREN AGES 1-18

Sundays from 10:30 to 11:30am	Sundays from 12:30pm to 2pm
NUEVA VIDA CHURCH	BY GRACE COMMUNITY CENTER
801 N. Circle Drive COS, CO 80909	737 Dale Street Fountain, CO 80817

7 days Breakfast & Lunch w/gallon milk per child