

## Mid-Carolina High School



Mid-Carolina High School does not discriminate on the basis of race, color, religion, national origin, sex, disability, or age in admission to, treatment in, or employment in its programs and activities.

## A Proud Past, A Promising Future

### Volume 20, Issue 2 – February 2021

#### DATES TO REMEMBER

February	12	Professional Development – (No Students)
	15	President's Day – Holiday – Schools/Offices Closed
	22	SIC Virtual Meeting – 5 p.m.
	26	Interim Reports Issued
March	8	WIN Ready to Work Testing
	12	Holiday – Schools/Offices Closed – 2 <sup>nd</sup> Make-Up Day
	13	SAT School Testing
	18	ASVAB
	22	SIC Meeting
	23	ACT Spring Testing
	24	SAT Spring Testing
	26	Senior Supply Delivery Day
	26	High School Exams - 1st & 3rd Block
	29	High School Exams - 2nd & 4th Block
	30	End of 3 <sup>rd</sup> Nine Weeks
April	2-9	Spring Holidays (Schools/Offices Closed)
	12	Report Cards Issued
	15	Cap & Gown Pictures
	17	ACT
	24	Prom – Tentative – NOT Confirmed
	26	SIC Meeting

#### MCHS WEBSITE

Visit our school website, Twitter, or Facebook pages:

[www.mid-carolinahighschool.org](http://www.mid-carolinahighschool.org)

[https://twitter.com/MC\\_Rebels](https://twitter.com/MC_Rebels)

<https://www.facebook.com/pages/Mid-Carolina-High-School/264090993125?ref=bookmarks>

for news, calendar of events, and helpful links.

#### Alive @ 25

Students must take the ALIVE @ 25 class before they can purchase a parking permit. Please register online at [www.scaliveat25.org](http://www.scaliveat25.org)

#### NEWSLETTER E-MAIL ALERT

We would like to offer parents the opportunity to receive the school newsletter via e-mail. This will save postage and paper, as well as provide a convenience for those who prefer to receive correspondence electronically.

If you are interested in being added to the list, please e-mail:

[sdelesandro@newberry.k12.sc.us](mailto:sdelesandro@newberry.k12.sc.us)

Subject Line: School Newsletter

Body of Letter: Parent's Name/Child's Name along with parent(s) e-mail address

#### YEARBOOKS

Yearbooks for the 2020-2021 school year have already been ordered. A limited number of extras were ordered. If you would like for your name to be placed on the waiting list, please contact Mr. Lewis at [plewis@newberry.k12.sc.us](mailto:plewis@newberry.k12.sc.us) as soon as possible. If you receive a yearbook at delivery, payment of \$75 will be expected at time of issue.

#### INTERIM REPORTS

Interim reports for the third nine weeks will be distributed on **Friday, February 26.**

2020-2021 ACT  
Test @ MCHS  
February 6, 2021  
April 17, 2021

2020-2021 SAT  
Test @ MCHS  
March 13, 2021  
May 8, 2021  
June 5, 2021

Free SAT practice through Khan Academy  
<https://www.khanacademy.org/sat>

#### Registration for SAT or ACT is online:

SAT website --- [www.sat.collegeboard.org](http://www.sat.collegeboard.org)

ACT website --- [www.actstudent.org](http://www.actstudent.org)

Mid-Carolina High School code --- 411657

#### EXAMS

Tuesday, March 23 – ACT

Wednesday, March 24 – SAT

Friday, March 26 - 1st & 3rd Block

Monday, March 29 - 2nd & 4th Block

#### NEWS FROM THE NURSE

Parents/Guardians, this is a quick reminder to continue to self-screen your children prior to coming to school. If they have been a close contact to a positive case within the past 14 days or are showing symptoms as outlined in the toolkit, please do not send your child to school and notify the school nurse.

REPORTING: <https://www.mid-carolinahighschool.org/article/369980?org=mchs>

TOOLKIT: [https://core-docs.s3.amazonaws.com/documents/asset/uploaded\\_file/1054499/Parent\\_Guardian\\_Toolkit\\_for\\_reopening\\_Dec\\_18.pdf?fbclid=IwAR1NJUdS1hgqv0STYSxtde2ysDDArNv\\_TuxpJqNfYpmt851Ot6gNz8OYP5Q](https://core-docs.s3.amazonaws.com/documents/asset/uploaded_file/1054499/Parent_Guardian_Toolkit_for_reopening_Dec_18.pdf?fbclid=IwAR1NJUdS1hgqv0STYSxtde2ysDDArNv_TuxpJqNfYpmt851Ot6gNz8OYP5Q)

### MCHS Course Registration 2020-2021

The Education and Economic Development ACT (E.E.D.A.) requires all high school students to meet with their school counselor each year to update their Individual Graduation Plan (I.G.P.). An I.G.P. is a plan of study that determines courses to be taken each year and career plans following graduation. Parents/Guardians are encouraged to attend this very important meeting. Please call the guidance office and extensions below to schedule your appointment. **Deadline for completion of IGP's and course registration for the 2019-2020 school year is Friday, March 30, 2021. Prescheduled appointments were previously mailed. Please call if you need a different time or desire a phone conference.**

MCHS Guidance Department  
Mid-Carolina High School phone# (803) 364-2134  
**A-F—Ms. Sarah Wicker, ext 80219**  
**G-M--Ms. Gwen McAllister, ext 80218**  
**N-Z –Mr. Kindred Durant, ext 80216**

### CAFETERIA



All school lunch and breakfast are at NO charge for the remainder of the 2020-2021 school year. Students who choose to bring their own lunch may still get a fruit, vegetable, fries, or milk at no charge. Also, if you have a negative balance from last year, please clear it up asap.

We have meal pickups on Wednesday 10 a.m. until 12 noon. You do not have to register to pick up. Pick up is in the car rider line.

### REPORT CARDS

Report cards were distributed for the second nine weeks/first semester on Thursday, January 28 and Monday, February 1. If your student did not bring his/her report card, students may pick their report cards up from the guidance office.

### SCHOOL IMPROVEMENT COUNCIL

Our next School Improvement Council (SIC) Meeting will be held on **Monday, February 22**, at 6:00 p.m. in the Media Center.

### ACADEMIC CHALLENGE



The Mid Carolina Academic Challenge team won all three of their matches on Thursday, January 21, 2021. Mid Carolina beat McCormick in the first round 19-2. The second round was a hard-fought win against Greenwood High, 23-21. The third meet of the night was against Abbeville, with a score of Mid Carolina 21, Abbeville 9.



The Mid-Carolina Academic Challenge team had a great night January 28 with three wins. The first match was won in a nail-biting double overtime match against Laurens High with a score of 25-24. The second match was against Ninety-Six, with a score of 23-19. The third match went back and forth between Mid-Carolina and Dixie, with a final score of 25-12. This was the final night of regular meets. On Monday, February 1st they had their Region meet. The MC Academic Challenge placed second in the Region for large high schools. The first match against Greenwood High was won with a score of 26-14. The Championship match with Clinton High went into overtime and then sudden death with Clinton squeaking by Mid-Carolina by one point (24-25). The team did a fantastic job!

**Great job MC Academic Challenge Team and coaches!**

**Team: Jeremy Hollowell, Harrison Scott, Christopher Scott, Katie Mae Crooks, Jack Gantt, Sam Downs, Sabrina Weng, Dakota Ross, Emma Stuck, and Kendellin Haltiwanger**

**Coaches: Dr. Kibler, Mr. Lewis, Mrs. Haltiwanger**

### BAND



Nine band students submitted virtual auditions for the SC Region 6 Honor Band. We have three students who have scored high enough to advance to the All-State level. Their auditions will now be assessed against the top percentage of musicians from each of the six regions.

Congratulations to **Emma West** (Flute), **Teagan Rauch** (Clarinet), and **Katy Mae Crooks** (Saxophone). We wish you luck as the All-State committee meets to score the next round of auditions.



### BETA CLUB

*(The National Beta Club is a student-centered organization that provides opportunities and experiences for students to demonstrate the ideals of character, achievement, service, and leadership in a global community.)*



This year, the MCHS Senior Beta club participated in a fundraiser for United Way through Newberry County School District. United Way is an organization that helps promote stability, enhance education, and provide healthcare for those in need. Each school in the district raises money to contribute to this great cause. Thank you to the MCHS Senior Beta Club students and parents for your donations and contributions to the United Way Campaign.

## FACULTY RECOGNITION

### TEACHER & SUPPORT STAFF OF THE MONTH

Each month MCHS faculty members nominate one teacher and one support staff member to be placed on a ballot for voting.

The following have been elected  
*Teachers of the Month.*



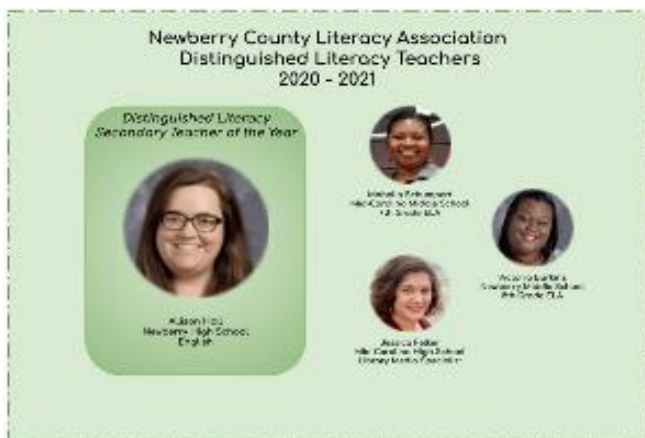
November	<b>Peter Lewis</b>
December	<b>Jazzy Santos</b>
January	<b>Hyman Rubin</b>

The following have been elected  
*Support Staff of the Month.*

November	<b>Sissy Delesandro</b>
December	<b>Janet Davenport</b>
January	<b>Jennifer Long</b>

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Congratulations to Library Media Specialist & TTL **Jessica Felker**, who has been awarded the Distinguished Literacy Teacher Award for Mid-Carolina High School for the 2020-2021 school year. This award is given by the Newberry County Literacy Council.



### CLASS RING DELIVERY – 12/9/2020

We were able to capture a few pictures from our class ring delivery today.



## JROTC

The MCHS JROTC Cadets and Leaders did an outstanding job creating a Virtual Veterans Day Tribute to our veterans of past, present, and future military men and women. We are honored to acknowledge the service and sacrifices of all of our veterans.

Hope everyone enjoys.

<https://www.youtube.com/watch?v=yuPOFRt3Sss&feature=youtu.be>



Thank You For Your Service




## SEASON OF SHARING



The Season of Sharing program is a tradition for the student body at Mid-Carolina. This year's event, sponsored by MCHS Student Council, was a huge success. Although we were unable to host our annual Season of Sharing celebration, we still pulled together to provide for those in need this holiday season. Cans and nonperishable goods were collected

throughout the month of November and will be donated to Pomaria Food Bank to help less fortunate families in Newberry County. MCHS also adopted and provided Christmas presents for over 50 students in our community. This event would not have been successful without the support of teachers, staff, and students at Mid-Carolina. The holiday season is often seen as a time to "receive." However, Mid-Carolina High School has proven that this is truly about a time to give. On behalf of MCHS Student Council, we thank everyone who participated and made this year's Angel Tree and Season of Sharing a success, and we wish you all a Merry Christmas!

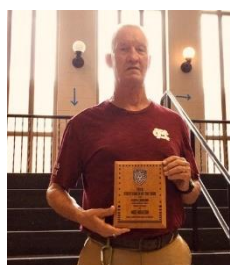
## STUDENTS OF THE MONTH

STUDENTS OF THE MONTH		
Each month faculty members nominate one student from each grade level to be placed on a ballot for voting. The following were elected Students of the Month:		
	November 2020	9 <sup>th</sup> Cindy Weng
		10 <sup>th</sup> Michael Lindler
		11 <sup>th</sup> Ginny Bass
		12 <sup>th</sup> Cameron Lybrand
December 2020		9 <sup>th</sup> Abby Bass
		10 <sup>th</sup> Christopher Crowe
		11 <sup>th</sup> Sarah Smith
		12 <sup>th</sup> Caroline Whitlock
January 2021		9 <sup>th</sup> William Hobby
		10 <sup>th</sup> Katy Mae Crooks
		11 <sup>th</sup> Emma Chapman
		12 <sup>th</sup> Tyler Shackelford Shelton Brooks

A total of 312 soccer teams (134 boys, 178 girls) from throughout the United States have earned the United Soccer Coaches Team Academic Award for exemplary performance in the classroom as a team during the 2019-20 academic year. Congratulations to the 2019-2020 MCHS girls' soccer team on receiving this outstanding award. To qualify for the award, the team must have a minimum grade point average of 3.25 for the entire academic year. The team GPA is determined by adding every player's GPA, then dividing by the number of players. The MCHS girls' soccer team had a 4.74 GPA.



## ATHLETICS



**Mauldin Named  
2020 Regional  
Soccer Coach of the Year**

**Congratulations,  
Coach Mauldin!**

The MCHS Varsity Competitive Cheer placed 4th at the AAA State Cheer Competition on Saturday, Dec. 19. Congratulations and great job.

MCHS would like to congratulate **Kendal Boland** for being voted Player of the Year in AAA Region 4 and for being named to the AAA All State Team! Kendal is a senior and is the setter for the Varsity volleyball team. She has been playing Varsity since the 8<sup>th</sup> grade!! Congratulations, Kendal!

MCHS would also like to congratulate the following players for being selected for the 2020 All Region Team in volleyball: **Scotlyn Lominick, Jesse Wicker, and Daylin Franklin!** These players are all seniors as well. Scotlyn is one of the varsity team's outside hitters, Jesse is the team's Libero, and Daylin is one of the team's right-side hitters.

Congratulations, girls! We are very excited for you and proud of you!

The Lady Rebels Tennis team was crowned the AAA, Region 4 champions after completing an undefeated season. Several ladies were honored with post season individual awards, including Region Player of the Year **Reagan Peel** and All-Region Players **Ady Ashmore, Katelynn Buzhardt, and Riley Peel.** Reagan and Ady also represented MCHS at the SC State Singles Tournament in Florence, SC, and competed against the best players in the state. Congratulations Lady Rebels!!!

Congratulations to be Ben Hawkins for being selected as the Conference Swimmer of the Week!



### Football AAA All State Team

Congratulations to **Colby Doolittle** for being selected to the AAA All State Team.

Congratulations to the following football players for being selected to 2020 Football AAA Region 4 All--Region Team: **Colby Doolittle, Shelton Brooks, Michael Lindler, Darian Bookman, and Bryson Holland.**

Congratulations to these Rebels for making the All Region Team this year. The Rebel Nation is proud of these young men for their hard work!

Congratulations to **Anthony "Moo Moo" Wicker** for being selected The State Paper Player of the Week.

Ability  
is what you're capable of doing  
Motivation  
determines what you do.  
Attitude  
determines how well you do it.

Mid-Carolina Fall Sports Updates and Online Ticket Purchase Information



HomeTown Ticketing & Admission: All fans are required to purchase tickets online, which can be found on our website at <https://mid-carolinaathletics.com/event-tickets/>

All fans need to purchase tickets online in advance. **No tickets will be sold at the gate on the day of the game.**

During the 2020-2021 sports seasons, all high schools will be required to adhere to COVID-19 safety protocols as directed by the SCHSL to host a SCHSL-sanctioned event. To comply and keep all who attend our events safe, capacity will be limited to allow spectators to safely social distance at all Mid-Carolina High School home athletic events. Online tickets will be available beginning each Saturday prior to the week of the event. **All** tickets will be sold online. There will not be any tickets available for purchase at the event. Once capacity is met no further tickets will be sold. If there are any questions regarding ticket sales please contact Mrs. Jennifer Long at [jlong@newberry.k12.sc.us](mailto:jlong@newberry.k12.sc.us) or Chris Arnoult at [carnoult@newberry.k12.sc.us](mailto:carnoult@newberry.k12.sc.us)



Our athletic calendars are being updated daily. Please visit the following websites for updated game dates and information.

<https://www.mid-carolinahighschool.org/o/mchs/page/calendar--527>

<https://mid-carolinaathletics.com/events>

### HONOR ROLL AND PRINCIPAL'S LIST FOR 1<sup>st</sup> Semester

To be eligible for the honor roll, students must have a GPA of 3.0 or higher (with no grade below an 80) for the semester. For the principal's list, students will have a GPA of at least 4.0 (with no grade below a 90) for the semester.

#### PRINCIPAL'S LIST

GRADE 9	GRADE 10	GRADE 11	GRADE 12
Alice Allnutt	Laylah Belcher	Olivia Abrams	Jennifer Armstrong
Brennen Banks	Kayden Beverly	Joshua Arrowood	Adelaide Ashmore
Trevor Black	Klara Boland	Danielle Ballentine	Kendal Boland
Brianna Boland	Sophia Boozer	Alexavier Berry	Addison Bowers
Camryn Burley	Sarah Bryant	Josie Blanchard	Lyric Brooks
Madelyn Coker	McKenzie Chadwick	McKenzie Brady	Emma Connelly
Emily Covington	Olivia Cochran	Alana Brown	Aleah Cromer
Elizabeth Coy	Elijah Covington	Kaitlyn Brown	Jessica Franklin
Kiara Dandridge	Katlyn Crooks	Layla Carter	Lanigan Fulmer
Brady Davenport	Noah Davenport	Jennifer Cervantes	Bailey Gause
Steven DiCorte	Bethany Day	Emily Davis	Brenda Gonzalez Reyes
Elyse Fellers	Giada Fanara	Zachary Hornsby	Joie Greenwood
Isabella Ferreira	Madeline Fanara	Ashley Howell	Lea Hamilton
Jake Fulmer	Zoie Fulmer	Karlie Huffstetler	Kyle Hansen
Timothy Fulmer	Lily Gullledge	Jose Interrial Romo	David Hester
Jonathan Gantt	Sarah Hentz	Ashlyn Kinard	Elizabeth Hunter
Robert Gilliam	Amber Hughes	Jaylee Koon	Trinity Joseph
Gracen Green	Madison Kern	Dantzler Long	Tura Lail
Hannah Hamilton	Corey Lindler	Hailey MacDermott	Mya Larsen
John Hendrix	James Lindler	Angela Moore	Michael Leyva Pacheco
Meredith Koon	Anthony Loynes	Aaliyah Morgan	Colton Lominick
Zachary McCormack	Adam Meetze	Abby Nunley	Grayson Long
Anna Milstead	Rachel Redd	Bethany Reep	Taylor Longshore
Anna Grace Morris	Jennifer Shealy	Noelia Robles Rejon	Perla Lopez Morales
Nolan Palmore	Tyler Shell	Jon Ruff	Angel Lopez Ruiz
Jada Peacock	Emma Grace Stuck	Ella Schafer	Michell McCracken
Jerald Perez Padilla	Cameron Wicker	Katerina Schnackenberg	Emily McCullough
Hanna Perkins		Tyler Shackelford	Shelby McCullough

Leila Quattlebaum		Samuel Trainor	Eliza McManus
Isiah Rendelman		Sabrina Weng	Anna Meetze
Karen Rivas		Emma Wicker	Michael Moates
Dakota Ross			Kenkade Morris
Caroline Shepherd			Marissa Oviedo
Adriana Smith			Reagan Peel
Cindy Weng			Ashtyn Perry
Maya Williams			Dori Pitts
Taylor Williams			Christopher Scott
Katelynn Wimberly			Harrison Scott
			Steven Senn
			Philip Spotts
			Evelyn Stribble-Eigner
			Reagen White
			Jesse Wicker
			Ke'Ajarria Williams

### HONOR ROLL

GRADE 9	GRADE 10	GRADE 11	GRADE 12
Zylan Agnew	Leylia Baldrige	Peyton Amick	Terrence Bookman
William Barnes	Journee Ballenger	Emily Anderson	Tyler Bouknight
Abby Bass	Jacob Barnes	Jillian Anderson	Rhett Brigman
Torsha Bates	Nadia Bookman	Katelynn Barbour	Shelton Brooks
Matalyn Bouknight	Blake Bouknight	Virginia Bass	Ny Ariel Burton
Camden Brown	Breanna Bouknight	Cole Bouknight	Madarius Chaplin
Davis Carter	Mason Brady	Alexis Brunson	Darius Davis
Jacob Clark	Jamarion Brown	Rosendo Caldwell	Colby Doolittle
Ellison Cockrell	Kelsey Buckley	JanCarlo Cardenas Farias	Samantha Downs
Braedon Connelly	Crystal Caine	Anna Christina Cary	Terra Easterlin
Lainey Corley	Arynton Crouch	Jennifer Castro	Albert Farmer
Nicholas Counts	Lacy Dodson	Emma Chapman	Dontasia Farrow
Connor Cromer	Davis Franklin	Jon Cope	Hunter Fellers
Alyssa Derrick	Kevin Fulmer	Nicole Curtis	Daylin Franklin
Luis Espinoza	Summer Fulmer	Erica Davis	Caleb Fulmer
Jaylan Goode	Takeo Gallman	Gerardo Farias Chocon	Delaney Gilliam
William Hobby	Karla Garcia Hernandez	Keren Garcia	Miller Gilliam
Emma Jacobs	Daizhana Glenn	Cadence Gonzalez	Alexis Glymph
Murray Johnson	Kimberly Graham	Janyiah Goode	JaTavia Graham
Daniel Lewis	Shealy Graham	Dorothy Jacobs	Andrew Green
Margaret Livingston	Ariel Gutierrez	Samuel Johnson	Blakely Hendrix
Weston Lominick	Kendellin Haltiwanger	Derrion Lewis	Kaleb Hesson
Fatima Lopez	Claire Hawkins	Jackson Livingston	Jeremy Hollowell
Gracen Meetze-Lett	Christina Johnson	Tori Livingston	Kaylee Jones
Jayden Mitchell	Andrew Kennedy	Vayu Lorence	Ryan Long
Amber Moore	Matthew LaCons	Caroline Matney	James Longshore
Daniel Moore	Hayden Lake	Ivy McCormack	Eduardo Lopez-Soberano
Larken Moore	Alli Larsen	Thomas McCormack	Chrissa Mace
Alessa Munoz Duarte	Graylyn Lewis	Ezekiel Moore	Rachel Maston
Leydi Munoz Durate	Alberto Leyva-Pacheco	Caroline Nelson	Kaleala Maybin
Stephen Patterson	Corbin Marshall	Cameron Nuttall	Benjamin Meetze
Raliene Pitts	Ceirsten McClain	Trevor Oty	Javyenn Morales
Teagan Rauch	Anna Merchant	Zachary Pruitt	Joseph Mueller
Chantel Robinson	Brady Moates	Jarin Roudybush	William Murray
Natalie Sauls	Dianna Moore	Sarah Smith	Morgan Perez
Micah Schafer	Ella Morales	Avari Suber	Robert Peters
Kirsten Shannon	Adriane Morris	Cheyenne Vaughan	Allen Pitts
Hannah Shealy	Andrew Morris	Ethan Waites	Cecilio Robles-Vazquez
Zachary Stanley	Matthew Moyd	Andrew Washington	Emily Ruff
Ethan Templin	Nya Nelson	Nicholas Willingham	Alexia Sease
Bryn Thurman	Erica Nolting		Wyatt Still
James VanZadelhoff	Callie Nuttall		Colin Stribble
	Haley Patterson		Kayla Tobe
	Riley Peel		Hammond Vascovich

	Macie Russell		Harmon Vinson
	Mia Russo		Caroline Wessinger
	Madeline Shacker		Emma West
	Alana Shealy		Caroline Whitlock
	Jose Sosa		Makayla Wright
	Iysis Stribble-Eigner		Kayley Zolan
	Haley Thomason		
	John Thompson		

Please notify us if your student was left off of the Principal's List or Honor Roll List. We apologize for any oversight and would like to make sure that all of our students who have earned recognition are recognized at the end of the school year awards program.

### Our mission:

To engage students in educational experiences that ensure success and life-long learning.

*Our vision is of a culture where all ideas are valued; a cooperative relationship exists between the school, the district, and the community; collaboration is expected; and people want to work and students want to learn.*

### **ATTENTION 12th GRADE STUDENTS AND PARENTS/GUARDIANS**

Senior (graduation) supply delivery day is **Friday, March 26, 2021.**

Balances must be paid in full before seniors can receive their supplies. Parents may pay online at [www.rhodesgraduation.com](http://www.rhodesgraduation.com) and only need their invoice number, student name, school, etc. If you have questions concerning your balance or have not yet placed your order, please contact Rhodes Graduation Services (Jostens) at (803) 485-4503. You may also contact them at [office@rhodesgraduation.com](mailto:office@rhodesgraduation.com).

We will send more information to all MCHS seniors and senior parents via email closer to the delivery date with details on what method we will be using to distribute senior supplies and the designated time for pick-up.

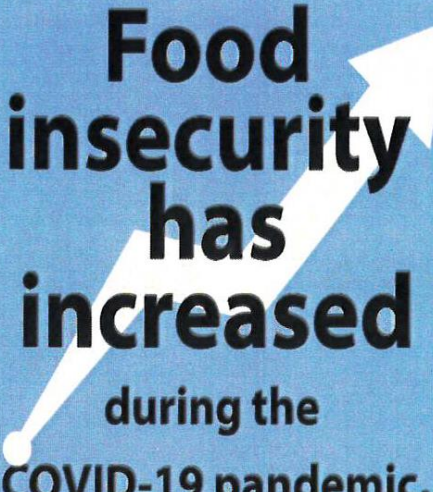
*(Due to students attending Piedmont Tech and Newberry County Career Center, we more than welcome parents to come by the school on the delivery date at the designated time to pick your students supplies .)*

**ALL children,  
regardless of  
household  
income, can now  
get FREE MEALS  
for the rest of the  
2020-2021  
school year.**

*For more information,  
visit [www.cdc.gov/healthyschools](http://www.cdc.gov/healthyschools)*




**Food  
insecurity has  
increased**  
during the  
COVID-19 pandemic.




School meals are  
**nutritious<sup>1</sup>**  
and can help reduce  
food insecurity.

Schools are using  
several ways to  
**safely distribute**  
meals to students

An illustration on a yellow background shows a school meal distribution. On the left, two students wearing face masks stand near a yellow cart filled with brown paper bags. On the right, a teacher or staff member, also wearing a face mask, is loading more bags onto the cart. The cart has two wheels and a handle.

Students  
who participate  
in school meal programs  
have **better overall  
diet quality**  
than students who do not.<sup>2</sup>

An illustration on a light blue background shows a banana and a carton of milk. The banana is yellow with a brown stem. The milk carton is blue and white, with the word 'MILK' written on it in white capital letters.

1. Gearan EC, Fox MK. Updated nutrition standards have significantly improved the nutritional quality of school lunches and breakfasts. *J Acad Nutr Diet.* 2020;120(3):363-370.
2. U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support, School Nutrition and Meal Cost Study, Final Report Volume 4: Student Participation, Satisfaction, Plate Waste, and Dietary Intakes. <https://fns-prod.azureedge.net/sites/default/files/resource-files/SNMCS-Volume4.pdf>