

Rockfish Christian Academy

7604 Rockfish Road, Raeford, North Carolina 28376
Phone 910-848-6000

October 15, 2026

Dear RCA Parents and Guardians,

Our last Miss Donna hot lunch will be Friday October 16, 2026. Students should plan to pack a lunch beginning Monday October 19, 2026 until further notice.

Breakfast and lunch are an important part of every students day. I can tell you in all honesty that students that eat breakfast and a balanced lunch significantly outperform those that do not. Scientifically speaking the brain needs fuel. Kids that eat junk for lunch (a large bag of Takis or chips or candy) crash in the afternoons often fighting to keep their eyes open because of the blood sugar crash. We do not want any student going without. For this reason we are instituting a "Bag Lunch" option for our parents and students. This bag lunch will contain the following:

A PB&J Un-Crustable Sandwich

Bag of Chips

Fruit (Fresh, canned or frozen)

String Cheese or Yogurt Stick

Sweet Treat

Lower Sugar Capri Sun

The cost for this Bag Lunch will be \$4.00. We will not be doing month end billing for these lunches. Students should bring cash and pay during classroom attendance time.

Please pray for Miss Donna and RCA as we all navigate these challenging times.

IHS

Pastor Jim

Pastor Jim