9/13/26

# This Week at IAL

| Monday 9/14/26 | Tuesday 9/15/26 | Wednesday 9/16/26 | Thursday 9/17/26 | Friday 9/18/26 |
|---|---|---|---|---|
| Cross Country Practice at RHS<br><br>IAL Football @ Good Hope at 6:00 pm | **Progress Report Day**<br><br>Football Practice at IAL<br><br>Volleyball Practice at RJHS.<br><br>Cross Country Practice at RHS | Football Practice at IAL<br><br>Volleyball vs. NSU Lab @RJHS at 5:00 pm | Football Practice at IAL<br><br>Volleyball Practice at Ruston Sports Complex.<br><br>Cross Country Practice at RHS | Students can wear Jeans for $1. Ruston or IAL Spirit shirts are also allowed.<br><br>Jeans should be only black or blue, free of holes, rips, and tears, and should fit properly.<br><br>Concessions $5 Limit<br><br>Behavior Incentive Reward Day https://aptg.co/QKkJ35 |

## Please Note

September Menus - Click the link to view our Breakfast Menu or our Lunch Menu.