

PHOENIX NEWS

MONTHLY NEWSLETTER

SEPTEMBER 2026

KEY DATES

Tuesday Sept 1: PMI Testing begins (K-12)

Friday Sept 4: Student Early Dismissal/ No after school care + ALL STAFF MEETING

Monday Sept 7: NO SCHOOL (LABOR DAY)

Tuesday Sept 8: International Literacy Day

Thursday Sept 10: Interim Reports

Friday Sept 11: Patriot Day/ Remembrance of 9/11 + Citi Ice Food Truck

SEPTEMBER 14-18: HISPANIC HERITAGE WEEK

Tuesday Sept 15: IT Professional Day

Thursday Sept 17: Constitution Day

Friday Sept 18: Donut NV Food Truck

Monday Sept 21: International Day of Peace

Tuesday Sept 22: 11th/12th grade College Tour to SEU Lakeland

Thursday Sept 24: Angel's Empanadas Food Truck

Friday Sept 25: PMI Testing Ends (K-12) + FTE Count Begins



"Physical therapy teaches us how to move, occupational therapy teaches us how to live, and speech therapy gives us the voice to share our story. Together, they do not just heal the body—they restore the whole human being." — **Rehab Therapy Collective**

LLAL LOVES OUR THERAPY DEPARTMENT

THANK YOU **TEXAS ROADHOUSE WINTER HAVEN** FOR DONATING **FREE KIDS MEALS** TO OUR 3RD GRADERS! WE ARE SO GRAETFUL FOR YOUR PARTNERSHIP.



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AROUND CAMPUS

Students exploring their creativity through art and self-expression in Art class.



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AROUND CAMPUS

**Food trucks always bring
our school community
together.**



September 2026

Grab “n” Go Breakfast Menu

Assorted milks (1% & low-fat options; Flavored or Unflavored) and 100% Fruit Juice offered with Breakfast.

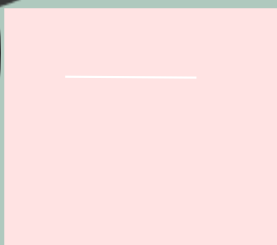
Monday

Tuesday

Wednesday Blueberry Waffles

Thursday

Friday Fluffy Pancakes



1 Wg Oat Cereal

WG Toasted Oat Cereal Bowl

LG Whole Aopple

2

WG Blueberry Waffles

Pineapple Tidbits

3 **Coco Cereal Bowl**

Whole Grain Coco Puff Cereal

100% Fruit Juice

4

WG Buttermilk Pancakes

Sliced Apples

7

LABOR DAY

8 **Maple Waffles**

WG Maple Flavored Waffles

100% Fruit Juice

9 **Frosted Flakes**

WG Frosted Flake Cereal Bowl

Lg Whole Apples

10 **Breakfast Muffins**

Whole Grain Assorted Muffins

100% Fruit Juice

11 **Yogurt Pack**

WG Graham Snack Bear Fruit Yogurt Pack

Cinnamon Apples

14

Coco Cereal Bar

WG Cereal Bar

100% Fruit Juice

15 **Oats Cereal**

WG Toasted Oats Cereal

Lg Whole Apples

16 **Cinn Waffles**

WG Cinnamon Waffles

Pineapple Tidbits

17 **Puff Cereals**

WG Coco Puff Cereal Graham Crackers

100% Fruit Juice

18 **WG Bagels**

WG Bagels & Jelly

Sliced Apples

21 **Donut Holes**

WG Super Donut Wholes

Pineapple Tidbits

22 **Assorted Muffins**

WG Assorted Muffins

100% Fruit Juice

23 **Frosted Flake Cereal**

Whole Grain Frosted Flakes

Lg Whole Apples

24 **Maple Waffles**

WG Maple Flavored Waffles

100% Fruit Juice

25 **Cheese & Grams pack**

WG Graham Bears Colby String Cheese

Cinnamon Apples

28 **WG Bagels w/jelly**

WG Bagels and assorted Jelly

100% Fruit Juice

29 **Wg Oat Cereal**

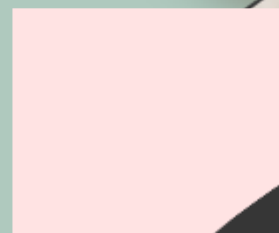
WG Toasted Oat Cereal Bowl

LG Whole Aopple

30 **Blueberry Waffles**

WG Blueberry Waffles

Pineapple Tidbits



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September 2026 Lunch Menu

Assorted milks (1% & low-fat options) Flavored and Unflavored offered with Lunch daily.

Monday

Tuesday

Wednesday

Thursday

Friday

1 Beefy Nachos Cheese

Beef & Cheee Nachos
w/ WG Tortilla Chips

Romaine Salad Mix
Taco Sauce
Diced Pears

2 Big M'Casserole

Creamy & Seasoned
"boyardee" styled Pasta
Casserole

Candied Carrots
Whole Bananas

3*Breakfast 4 Lunch*

WG Waffles
Colby Cheese Omelet

Tater Tots
100% Fruit Juice
Syrup

4 BBQ Chicken Drumstick

BBQ Glazed Chicken

Congri Style Brown Rice
& Kidney Bean

Applesauce Cup

Herb Chicken

Southern Herb Chicken
Yellowed Brown Rice

Romaine Lettuce
100% Fruit Juice
Ranch Dressing

7

8 Sizzling Fajita

Saute Chicken Fajitas
w/Brown Rice

Iceberg Salad Mix
100% Fruit Juice

9 Meatball Marinara

Turkey Meatballs
Marinara Sauce
w/WG Bread Stick

Candied Carrots
Mandarin Oranges

10 Corn Dogs

WG Chicken
Corndog

Kernel Corn
Craisin Packs
Ketchup

11

14 Meatball Hoagie

Turkey Meatballs in
Marinara Sauce
w/ Hoagie

Steamed Green Bean
100% Fruit Juice

15 Beefy Nachos Cheese

Beef & Cheese
Dipping Sauce
w/ WG Tortilla Chips

Romaine Lettuce
Diced Pears
Taco Sauce

16 Big Mac & Cheese

Creamy Seasoned
"boyarde" style Pasta
Casserole

Candied Carrots
Bananas

17 Turkey Hotdogs

Steamed Turkey Franks
on a WG Bun

Tater Tots
100% Fruit Juice
Ketchup

18 BBQ Chicken Drumstick

Polynesian BBQ Drumstick
Congri Style Brown Rice &
Kidney Beans

Applesauce Cup

21 Statefair Corn Dog

WG Battered Chicken
Corn Dogs

Baked Beans
Applesauce Cup
Ketchup Packet

22 Chicken Fajitas

Sizzling Chicken Fajitas
w/peppers
Brown Rice

Iceberg Lettuce
100% Fruit
Juice

23 Chef Nae's Bolognese

Beef & WG Pasta
Bolognese

Candied Carrots
Mandarin Oranges

24 Hei Hei Chicken Nuggets

WG Baked Chicken
Nuggets

Kernel Corn
Craisin Pack
WG Tortilla (High School Only)

25 Southern Chicken

Herb Roasted Chicken
Yellowed Brown Rice

Iceberg Lettuce
100% Fruit Juice
Ranch Dressing

28 Turkey Hotdogs

Turkey Hotdogs
on a WG Bun

Green Beans
100% Fruit Juice
Ketchup

29 Beefy Nachos Cheese

Beef & Cheee Nachos
w/ WG Tortilla Chips

Romaine Salad Mix
Taco Sauce
Diced Pears

30 Big M'Casserole

Creamy & Seasoned
"boyardee" styled Pasta
Casserole

Candied Carrots
Whole Bananas

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