



INTENTIONAL

"Look carefully then how you walk, not as unwise but as wise, making the best use of the time"
(Ephesians 5:15-16 ESV).

UPPER SCHOOL WEEKLY REMINDER Monday, September 6 – Friday, September 10

Monday, Sept. 6	Labor Day Holiday-NO SCHOOL
Tuesday, Sept. 7	Frozen Parent Meeting and Walk Thru in Mark Brink Auditorium 6:00 PM
Wednesday, Sept. 8	SF Faculty Department Meetings TBD at 8:00 AM Jr. Class Ring Presentation in Mark Brink Auditorium Community Period Pickleball Club in Legacy Center Community Period College Rep Visits outside of SUB Community Period *Texas Christian University, Auburn, and UT-Knoxville
Thursday, Sept. 9	SF Faculty Prayer Time in EH Room 109 at 7:45 AM Latin Club Meeting in Rm 31 Community Period Intro to Business Cookie Sale SF Campus Community Period College Rep Visits outside of SUB Community Period *Alabama, Mississippi College, and Belmont Chalk/Talk/Walk in Legacy Lobby at 11:30 AM Jr. Parent College Meeting in World View Center at 9:00 AM or 6 PM
Friday, Sept. 10	SF Moms in Prayer in World View Center at 9:00 AM
US Lunch Cleanup:	Kim Arnwine's Discipleship Group

Looking Ahead:

September

13-17 – Sr. Off Campus Lunch
14 – Jr. Class Ring Presentation Order Due
20-24 – Homecoming Week
22 – Powder Puff Game
24 – Dog Day/Homecoming Pep Rally
27 – Steve Collums Golf Classic

***US Fall Sports**

Please check the Athletics calendar on the ECS website and the App for all sports information regarding games and practices.

*Soaring Eagle Shop

Check social media for updated hours!

*ACT at ECS October 23

The deadline to sign up is Sept. 17. Sign up fast if you want to take it at ECS as available spots will be filled quickly!

*Menu for 9/6-9/10

	Available every Day:				ECS Weekly Menu
	>>Fast Break<< <small>GRAB & GO</small> Fresh Salads, Sandwiches, Wraps, Protein Packs, Yogurt Parfaits, Chicken Poppers, ummus Cups, Guacamole Cups, Fresh Fruit Cups, Veggie Cups and a variety of Desserts.				<small>4</small> All meals served with complimentary bottle of water.
	Monday	Tuesday	Wednesday	Thursday	Friday
	Pepperoni Pizza	Sausage Pizza	Meat Lovers Pizza	Veggie Pizza	Chicken & Spinach Pizza
	Cheese Pizza	Cheese/Pepperoni Pizza	Cheese/Pepperoni Pizza	Cheese/Pepperoni Pizza	Cheese/Pepperoni Pizza
	Pasta of the Day	Pasta of the Day	Pasta of the Day	Pasta of the Day	Pasta of the Day
	Chicken Parmesan	Taco Tuesday	Orange Chicken & Rice	BBQ Chicken	Stuffed Shells
	Pasta Marinara	Spanish Rice	Egg Roll	Hash Brown Casserole	Garlic Toast
	Roasted Zucchini	Black Beans	Asian Stir-fry Veggies	Brussels Sprouts	Fresh Broccoli
	Grilled Chicken	Grilled Chicken	Grilled Chicken	Grilled Chicken	Grilled Chicken
	Grilled Ham & Cheese	Chicken Poppers	Stuffed Pizza Sticks	Corn Dogs (2)	Crispy Chicken Sandwich
	French Fries	Curly Fries	French Fries	Potato Wedges	Crinkle Fries
	Caesar Salad Bar	Chips and Dips Bar Tortilla or Pita Chips Choose from a variety of Hummus and Salsa Options	Ice Cream Bar! Top your Scoop with your favorites	Burger Bar Pick your Favorite Toppings. Served with Home Made Chips	Greek Salad Bar
	Fried Chicken Salad & House Salad Bar	House Salad & House Salad Bar	Taco Salad & House Salad Bar	Cobb Salad & House Salad Bar	Cesar Salad & House Salad Bar