



Commerce Public Schools Weekly Bulletin December, 3-8, 2012



Monday, December 3

MENU: Breakfast: Cereal, whole grain toast, fruit juice and milk
Lunch: Whole grain corn dog, garden spinach salad, seasoned peas, apple wedges, fat free ranch dressing, canned fruit (9-12) and milk

ACTIVITIES:

CHS: Junior Class Meeting 7:50 am
OMAAP Testing - all week (1-4, 5-7)
Welch Varsity Basketball Tournament vs Chelsea (Girls at 4:00 pm - Boys to follow)

Tuesday, December 4

MENU: Breakfast: Pancake on a stick, syrup, fruit juice and milk
Lunch: Taco soup, whole grain corn tortilla chips, fresh broccoli, fat free ranch dressing, sliced pears, snicker doodle cookie, fresh fruit (9-12) and milk

ACTIVITIES:

CHS: STUCO Meeting 7:45 am
CPS: Professional Development Committee Meeting 8:15 am

Wednesday, December 5

MENU: Breakfast: Muffins, yogurt, fruit juice and milk
Lunch: Beef & noodles, mashed potatoes, fresh baby carrots, fat free ranch dressing, blueberry oat muffin (6-12), pineapple tidbits, fruit juice (9-12) and milk

ACTIVITIES:

CHS: ASVAB TEST - 1/2 of 11th graders (1-3 hours)

Thursday, December 6

MENU: Breakfast: Whole Grain breakfast bagel, fruit juice and milk
Lunch: Chicken quesadilla, salsa & whole grain corn tortilla chips, refried beans, orange wedges, canned fruit (9-12) and milk

ACTIVITIES:

CHS: NHS Meeting 7:50 am
ASVAB TEST - 1/2 of 11th graders (1-3 hours)
Welch Varsity Basketball Tournament TBD

Friday, December 7

MENU: Breakfast: Biscuit with sausage gravy, fruit juice and milk
Lunch: Cowboy cavatina, tossed salad with romaine, green beans, whole wheat roll & jelly (9-12), pear slices, fruit juice (9-12) and milk

Saturday, December 8

CHS: Welch Varsity Basketball Tournament TBD