



Commerce Public Schools Weekly Bulletin October 4 - 9, 2010



Monday, October 4

**MENU: Breakfast: Jump Start Breakfast with milk
Lunch: Corn Dog, smiley potatoes, chilled peaches, salad bar, oatmeal cookie and choice of milk**

Tuesday, October 5

**MENU: Breakfast: Scrambled eggs with toast, fruit and milk
Lunch: Mac and Cheese with little smokies, green beans, fruit mix, salad bar, hot roll and choice of milk**

ACTIVITIES:

**CMS/CHS: TSA Fall Leadership Meeting
CMS/CHS JV: Football at Wyandotte 6:00 pm**

Wednesday, October 6

**MENU: Breakfast: Breakfast pizza, juice and milk
Lunch: Taco's, grated cheese, spanish rice, shredded lettuce, salsa, sliced pears and choice of milk**

ACTIVITIES:

CHS: Mrs. Ng will meet with juniors during 7th hour (cafeteria)

Thursday, October 7

**MENU: Breakfast: Waffle with sausage link, fruit and milk
Lunch: Chicken rings, mashed potatoes, sliced carrots, salad bar, biscuit, jello and choice of milk**

ACTIVITIES:

**CMS: Step I of Middle School Vertical Alignment Completed
CHS: Softball State Tournament at Hall of Fame Stadium, OKC**

Friday, October 8

**MENU: Breakfast: Biscuit with sausage gravy, juice and milk
Lunch: BBQ rib patty on a bun, chips, baby carrots, salad bar, watermelon and cantaloupe and choice of milk**

ACTIVITIES:

**CHS: Softball State Tournament TBA
Football at Adair 7:30 pm**

Saturday, October 9

CHS: Softball State Tournament TBA

Sunday, October 10

Route 66 Marathon