



*Commerce Public Schools  
Weekly Bulletin  
January 20 - 24, 2014*



Monday, January 20, 2014  
Martin Luther King Day

MENU: Breakfast: Whole Grain Cereal, Whole Grain Toast, Fruit Juice and Milk  
Lunch: Chicken Pattie on a Whole Grain Bun, Dark Green Leaf Lettuce, Slice of Tomato, Sweet Potato Fries, Orange Wedges, Chilled Fruit Juice (9-12) and Choice of Milk

ACTIVITIES:

CMS: Basketball at Welch (7G-8G-8B) 5:30 pm  
CHS: Powerlifting at Wyandotte 3:30 pm  
Mandatory Parent and Player Meeting for Soccer (Gym) 6:00 pm

Tuesday, January 21, 2014

MENU: Breakfast: Egg Omelet w/Salsa, Whole Grain Biscuit, Fruit Juice and Milk  
Lunch: Pepperoni Pizza, Tossed Salad w/Romaine and Fat Free Ranch Dressing, Garlic Bread Stick w/Marinara Sauce, Fresh Banana, Chilled Fruit (9-12) and Choice of Milk

ACTIVITIES:

CMS/CHS: Basketball Pictures at 8:30 am  
CMS: Basketball vs Cleora (6G-6B-8G-8B) 10:15 am  
CHS: Spanish Club Meeting 7:45 am or 3:05 pm  
NTC Rep. will speak to Sophomore English Classes (2<sup>nd</sup>, 3<sup>rd</sup> & 6<sup>th</sup> hours)  
Basketball vs Colcord 6:30 pm

Wednesday, January 22, 2014

MENU: Breakfast: French Toast Stick w/Syrup, Chilled Fruit Juice and Milk  
Lunch: Taco Burger on a Whole Grain Bun, Dark Green Leaf Lettuce & Tomato, Refried Beans, Black Bean Corn Salsa w/ Whole Grain Corn Tortilla Chips (6-12), Sliced Peaches, Fruit Juice (9-12) and Milk

Thursday, January 23, 2014

MENU: Breakfast: Breakfast Burrito, Fruit Juice and Milk  
Lunch: Italian Pasta Bake, Green Pepper Strips & Fresh Baby Carrots, Whole Grain Roll & Jelly (6-12), Applesauce, Royal Brownie, Fresh Fruit (9-12) and Milk

ACTIVITIES:

CHS: Josten's Rings will be delivered  
NEO Basketball Tournament - Girls vs Cave Springs (MAC) 3:00 pm and Boys vs Chetopa (MAC) 7:30 pm

Friday, January 24, 2014

MENU: Breakfast: Biscuit with Sausage Gravy, Fruit Juice and Milk  
Lunch: Hot Ham and Cheese in Whole Grain Pitta Pocket, Potato Wedges, Fresh Broccoli, Chilled Sliced Pears, Whole Grain Chocolate Chip Cookie, Fruit Juice (9-12) and Milk

ACTIVITIES:

CHS: NEO Basketball Tournament TBD

Saturday, January 25, 2014

CHS: NEO Basketball Tournament TBD

*Prom Date Money is due January 31, 2014*