



Commerce Public Schools Weekly Bulletin September 10 – 15, 2012



Monday, September 10

MENU: Breakfast: Cereal WG 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:

CMS/CHS: Softball at Wyandotte (MS/V/JV) 4:00 pm
CMS: Football at Quapaw
CHS: JV Football vs Cherryvale JV 6:30 pm
CPS: School Board Meeting 6:30 pm

Tuesday, September 11

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

ACTIVITIES:

CMS/CHS: Softball at Ok Union (MS/V/JV) 4:00 pm
CHS: Teacher's Meeting 7:50 am
11th & 12th girls to My Life: My Story 2012

Wednesday, Sept. 12

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:

CMS: Teacher's Meeting 7:45am
CHS: 9th & 10th grade girls to My Life: My Story 2012

Thursday, September 13

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

ACTIVITIES:

CHS: Upward Bound Rep to meet with (Ok History & World History classes)
Softball vs Colcord (V/JV) 4:30 pm

Friday, September 14

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), cantaloupe, fruit juice (9-12) and milk

ACTIVITIES:

CMS: Softball vs Miami (2-5) 4:00 pm
CHS: Varsity Football at Oswego, KS 7:00 pm

Saturday, September 15

CHS: Cheerleading Regionals – Booker T Washington (Tulsa) 1:00 pm