



*Commerce Public Schools
Weekly Bulletin
January 6 - 11, 2014*



Monday, January 6, 2014
2nd Semester Begins

MENU: Breakfast: Peanut Butter Sandwich, Fruit Juice and Milk
Lunch: Taco Salad, Whole Grain Corn Tortilla Chips & Salsa, Refried Beans, Pineapple Tidbits, Whole Grain Oatmeal Cookie, Fresh Fruit (9-12) and Milk

ACTIVITIES:

CMS: 7th Grade Fairland Basketball Tournament

Tuesday, January 7, 2014

MENU: Breakfast: Hormel Breakfast Bar, Biscuit, Fruit Juice and Milk
Lunch: Chicken and Noodles, Mashed Potatoes, Green Beans, Whole Wheat Roll, Orange Wedges, Canned Fruit (9-12) and Milk

ACTIVITIES:

CHS: Varsity Basketball vs South Coffeyville @ 6:30 pm
CPS: First Semester Grade Cards Go Out

Wednesday, January 8, 2014

MENU: Breakfast: Pancake on a Stick with Syrup, Fruit Juice and Milk
Lunch: Spaghetti w/Meat Sauce, Garden Spinach Salad, Seasoned Peas (9-12), Whole Grain Garlic Bread, Fresh Fruit, Canned Fruit (9-12) and Milk

ACTIVITIES:

CMS: Basketball @ Afton (6G-6B) 12:00 pm
7th Grade Fairland Basketball Tournament

Thursday, January 9, 2014

MENU: Breakfast: Whole Grain Cereal, Whole Grain Toast, Fruit Juice and Milk
Lunch: Chicken Wrap, Romaine and Tomato Mix, Spanish Rice (6-12), Steamed Carrots, Mixed Fruit Cup, Fresh Fruit (9-12) and Milk

ACTIVITIES:

CMS: Basketball vs Oklahoma Union (8G-7B-8B) 5:30 pm

Friday, January 10, 2014

MENU: Breakfast: Biscuit, Sausage Gravy, Fruit Juice and Milk
Lunch: Pig in a Blanket, Seasoned Fries, Fresh Broccoli/Carrots w/Fat Free Ranch Dressing, Apple Wedges, Jello, Canned Fruit (9-12) and Milk

ACTIVITIES:

CHS: Varsity Basketball @ Foyil @ 6:30 pm

Saturday, January 11, 2014

CMS: 7th Grade Fairland Basketball Tournament TBD
CPS: Elks Hoop Shoot in HS Gym 10:00 am (For Boys & Girls 7 yrs to 12 yrs)