



Commerce Public Schools Weekly Bulletin January 21 - 26, 2013



Monday, January 21
Martin Luther King, Jr Day

MENU: Breakfast: French toast sticks, syrup, sausage link, chilled fruit juice and milk
Lunch: Country style steak fingers, mashed potatoes and gravy, steamed broccoli, wheat roll & jelly, mandarin oranges, fresh fruit (9-12) and milk

ACTIVITIES:

CMS: Basketball vs Quapaw 5:00 pm
CMS/CHS: Basketball vs Quapaw (8G-8B-9G-9B) 5:00 pm
CHS: Prom Meeting 7:50 am
MSSU representative will be here at 10:05 am

Tuesday, January 22

MENU: Breakfast: Cereal, scoobie graham, chilled fruit juice and milk
Lunch: Stromboli, garden spinach salad, fresh baby carrots with ranch dressing, banana's with jello, fruit juice (9-12) and milk

ACTIVITIES:

CMS: Basketball vs Cleora (6G-6B-8B) 10:45 am
CHS: Basketball at Fairland 6:30 pm

Wednesday, January 23

MENU: Breakfast: Egg Omelet, toast, chilled fruit juice, and milk
Lunch: Barbeque pork on a whole grain bun, sweet potato puffs, baked beans, orange smiles, canned fruit (9-12), oatmeal cookie and milk

Thursday, January 24

MENU: Breakfast: Cini mini, oatmeal, chilled fruit juice and milk
Lunch: Beef & bean burrito, romaine & tomato, mexican corn, salsa and whole grain tortilla chips, apple wedges and milk

ACTIVITIES:

CHS: NEO Basketball Tournament (G vs Tyro Christian 3:00 @ Civic Center & B vs Tulsa Will Rogers 1:30 @ College)

Friday, January 25

MENU: Breakfast: Sausage gravy with biscuit, chilled fruit juice and milk
Lunch: Turkey & cheese sub, dark green leaf lettuce & tomato, oven fries, ketchup, sliced peaches, graham snacks (9-12), fruit juice (9-12) and milk

ACTIVITIES:

CHS: NEO Basketball Tournament tbd

Saturday, January 26

CHS: NEO Basketball Tournament tbd