



*Commerce Public Schools*  
*Weekly Bulletin*  
*January 27 - 31, 2014*



Monday, January 27

MENU: Breakfast: Cereal, Scoobie Graham, Chilled Fruit Juice and Milk  
Lunch: Beef & Bean Burrito, Romaine & Tomato, Corn, Salsa and Whole Grain Tortilla Chips, Spiced Apples, Fruit Juice (9-12) and Milk

ACTIVITIES:

CMS: Basketball vs Fairland (7G-7B-8G-8B) 4:30 pm  
CHS: Basketball at Welch 6:30 pm

Tuesday, January 28

MENU: Breakfast: Pillsbury Sunrise Breakfast, Chilled Fruit Juice and Milk  
Lunch: Steak Fingers, Mashed Potatoes & Gravy, Seasoned Green Beans, Whole Grain Biscuit & Jelly, Banana, Chilled Canned Fruit (9-12) and Milk

ACTIVITIES:

AES: Spelling Bee at 1:30 pm - 4<sup>th</sup> & 5<sup>th</sup> Grade Finalist will Compete (3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Graders Will Attend)  
CHS: Basketball vs Fairland 6:30 pm

Wednesday, January 29

MENU: Breakfast: Pancake on a Stick w/syrup, Chilled Fruit Juice and Milk  
Lunch: BBQ Pork on a Whole Grain Bun, Sweet Potato Puffs, Baked Beans, Orange Smiles, Canned Fruit (9-12), Pumpkin Bars (9-12) and Milk

ACTIVITIES:

AES: 5<sup>th</sup> Grade Basketball at HS Gym (G 12:30 – B 1:30)

Thursday, January 30

MENU: Breakfast: Cini Mini, Oatmeal, Chilled Fruit Juice and Milk  
Lunch: Chicken Alfredo with a Twist, Steamed Broccoli, Garden Spinach Salad, Whole Grain Bread Stick, Chilled Mandarin Oranges, Fresh Fruit (9-12) and Milk

ACTIVITIES:

CMS: Basketball at Quapaw (8G-7B-8B) 5:30 pm  
CHS: Play Practice 7:00 pm

Friday, January 31

MENU: Breakfast: Sausage Gravy w/Biscuit, Chilled Fruit Juice and Milk  
Lunch: Turkey and Cheese Sub on Whole Grain Bun, Dark Green Leaf Lettuce & Tomato, Oven Fries, Chilled Sliced Peaches, Fresh Fruit (9-12) and Milk

ACTIVITIES:

CHS: Prom Date Money is Due  
Basketball at Ketchum 6:30 pm