



Commerce Public Schools Weekly Bulletin February 17 - 22, 2014



Monday, February 17
President's Day



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:

CHS: Band Fundraiser begins
Varsity Basketball vs Baxter Springs 6:30 pm

Tuesday, February 18

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

ACTIVITIES:

CMS/CHS: TSA Officer Screening
CHS: Girls/Boys Soccer Scrimmage at Grove 5:00 pm

Wednesday, February 19

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:

CHS: FCA Meeting (Mr. Rhodes Room) 7:45 am

Thursday, February 20

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:

CHS: Jr Class Prom Meeting 7:45 am
Northeast Tech Center Interviews at CHS
Varsity Girls/Boys Soccer Scrimmage at Miami 5:00 pm

Friday, February 21

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, Chilled Canned Fruit (9-12) and Milk

ACTIVITIES:

AES: Kindergarten Field Trip to Tulsa Discovery Lab L8:15 am & R2:45 pm
CHS: Basketball Districts at Oklahoma Union 6:30 pm

Saturday, February 22

CHS: Basketball Districts at Oklahoma Union 6:30 pm