



Commerce Public Schools Weekly Bulletin February 18 - 23, 2013



Monday, February 18
President's Day

MENU: Breakfast: Breakfast pizza, chilled fruit juice and milk
Lunch: Macaroni & cheese, meat balls, seasoned peas, fresh baby carrots, whole wheat bread & jelly (9-12), apple wedges, fruit juice (9-12) and choice of milk

CHS: Meeting for parents of Soccer players at 6:00 pm, players meeting will follow

Tuesday, February 19

MENU: Breakfast: Waffles, syrup, sausage link, chilled fruit juice and milk
Lunch: Chicken nuggets, mashed potatoes with gravy, green beans, wheat roll and jelly (6-12), strawberries & bananas, fruit juice (9-12) and choice of milk

ACTIVITIES:

CMS/CHS: NEO Technology Festival
CHS: Varsity Boys Soccer Scrimmage at Miami 4:00 pm

Wednesday, February 20

MENU: Breakfast: Cereal, toast, jelly, chilled fruit juice and milk
Lunch: Chili, whole grain corn chips, celery & cucumbers, rosy applesauce, cinnamon rolls, fresh fruit (9-12) and choice of milk

Thursday, February 21

MENU: Breakfast: Yogurt, muffin, chilled fruit juice and milk
Lunch: Baked ham, baked beans, fresh broccoli w/fat free ranch dressing, angel biscuit & jelly, orange smiles, chilled fruit (9-12) and choice of milk

ACTIVITIES:

CHS: Basketball Regionals tba at Colcord

Friday, February 22
Washington's Birthday

MENU: Breakfast: Biscuit with sausage gravy, chilled fruit juice and milk
Lunch: Hamburger on a bun, dark green leaf lettuce & tomato, sweet potato fries, fruit cocktail, rice crispy bar, fresh fruit (9-12) and choice of milk

ACTIVITIES:

CHS: Basketball Regionals tba at Mounds

Saturday, February 23

CHS: Varsity Girls Soccer Scrimmage at Miami 12:00 pm
Basketball Regionals tba at Mounds