



Commerce Public Schools

Weekly Bulletin

MARCH 11 – 15, 2013



Monday, March 11

MENU: Breakfast: Cereal, whole grain toast, fruit juice and milk
Lunch: Whole grain corn dog, garden spinach salad, seasoned peas, bananas, fat free ranch dressing, canned fruit (9-12) and milk

ACTIVITIES:

AES: GT to Greenbush
CMS & CHS: Baseball at Wyandotte (5/7/3) 4:30 pm
CHS: Pre-enrollment for 2014 seniors (current 11th graders)
Varsity Girls/Boys Soccer at Stillwell 5:30 pm
CPS: School Board Meeting 6:30 pm

Tuesday, March 12

MENU: Breakfast: Pancake on a stick, syrup, fruit juice and milk
Lunch: Taco soup, whole grain corn tortilla chips, fresh broccoli, fat free ranch dressing, sliced pears, snickerdoodle cookie, fresh fruit (9-12) and milk

ACTIVITIES:

AES: Third Quarter Grade Cards go out
CMS & CHS: Baseball at Welch (5/7/3) 4:00 pm
CHS: Teacher's Meeting 7:50 am
Pre-enrollment for 2014 sophomores (current 9th graders)
Pre-enrollment for 2014 juniors (current 10th graders)

Wednesday, March 13

MENU: Breakfast: Muffins, yogurt, fruit juice and milk
Lunch: Cowboy cavatina, tossed salad w/romaine, green beans, whole wheat roll and jelly (9-12), apple wedges, fruit juice (9-12) and milk

ACTIVITIES:

CMS: Teachers Meeting 7:45 am
CHS: Spanish Club Meeting 7:45 am
Pre-enrollment for 2014 seniors (current 11th graders)

Thursday, March 14

MENU: Breakfast: Whole grain breakfast bagel, fruit juice and milk
Lunch: Chicken quesadilla, salsa and whole grain corn tortilla chips, refried beans, orange wedges, canned fruit (9-12) and chilled milk

ACTIVITIES:

AES: Kindergarten to Jenks Aquarium (leave 8:00 am & return 2:45 pm)
CMS/CHS: Grade Cards go out
CHS: NHS Meeting 7:50 am
Pre-enrollment for 2014 sophomores (current 9th graders)
Pre-enrollment for 2014 juniors (current 10th graders)
Varsity Soccer at Oologah Tournament (B vs Coweta 11:30 am & G vs Skiatook 1:00pm)
Varsity Baseball at Nowata (7/3) 5:00 pm

Friday, March 15

MENU: Breakfast: Biscuit with sausage gravy, fruit juice and milk
Lunch: Beef & noodles, mashed potatoes, fresh baby carrots, fat free ranch dressing, blueberry oat muffin (6-12), pineapple tidbits, fruit juice (9-12) and milk

ACTIVITIES:

CHS: Varsity Girls/Boys Soccer @ Oologah Tournament TBA
Prom (Civic Center) Pictures at 6:00 pm, Program & Dance from 7:00 pm to 11:00 pm

Sunday, March 17

St. Patrick's Day

SPRING BREAK (March 18 – 22)