



# Commerce Public Schools

## Weekly Bulletin

### March 24 – 29, 2014



Monday, March 24

MENU: Breakfast: French Toast Sticks w/Syrup, Chilled Fruit Juice and Choice of Milk  
Lunch: Whole Grain Corn Dog, Baked Sun Chips, Baby Carrots w/Fat Free Ranch Dressing, Seasoned Corn, Apple Wedges, Chilled Canned Fruit (9-12) and Milk

ACTIVITIES:

CHS: Varsity/JV Boys Soccer vs Stillwell 6:00 pm  
Varsity Baseball Conference Tournament at Quapaw 6:30 pm

Tuesday, March 25

MENU: Breakfast: Whole Wheat Bagel w/Topping, Yogurt, Fruit Juice and Milk  
Lunch: Chicken Quesadilla, Salsa, Spanish Rice, Refried Beans, Bananas, Fruit Juice (9-12) and Milk

ACTIVITIES:

CHS: Spanish Club Meeting 7:45 am or 3:05 pm  
Varsity Baseball Conference Tournament at Quapaw 4:00 pm  
Varsity Girls/Boys Soccer vs Gentry, AR 5:00 pm

Wednesday, March 26

MENU: Breakfast: Breakfast Pizza, Fruit Juice and Milk  
Lunch: Taco Soup, Whole Grain Corn Tortilla Chips, Fresh Broccoli, Fresh Pears, Whole Grain Snicker Doodle Cookie, Fruit and Milk

ACTIVITIES:

CMS/CHS: Cheerleading Try-Outs - MS at 4:00 pm, HS to follow  
CHS: ASVAB Test 8:15 am (1-3 hours) Opened to juniors and seniors

Thursday, March 27

MENU: Breakfast: Bug Bites, Whole Grain Cereal, Fruit Juice and Milk  
Lunch: Beef & Noodles, Mashed Potatoes, Steamed Cauliflower, Whole Grain Roll, Pineapple Tidbits, Fruit Juice (9-12) and Milk

ACTIVITIES:

AES: Third Quarter Accelerated Reward  
CMS: Baseball vs Fairland (7) 4:00 pm  
CHS: FCCLA State Star Events  
Pre-enrollment for grades 9 & 10  
Varsity Baseball-Conference Tournament at Quapaw TBD  
Varsity Boys Soccer at Tulsa Central 5:00 pm

Friday, March 28

MENU: Breakfast: Biscuit with Sausage Gravy, Fruit Juice and Milk  
Lunch: Cowboy Cavatina, Tossed Salad w/Romaine, Seasoned Green Beans, Whole Grain Roll & Jelly (6-12), Orange Wedges, Fruit (9-12), and Milk

ACTIVITIES:

AES: Third Quarter Accelerated Reward  
CHS: FCCLA Star Events  
Speech Regionals  
Pre-enrollment for 11<sup>th</sup> grade  
Band & Choir Coronation 2:45 pm  
Varsity Baseball Conference Tournament at Quapaw TBD

Saturday, March 29

CHS: Speech Regionals  
FCCLA State Star Events  
Track at Dewey 10:00 am  
Varsity Baseball Conference at Quapaw TBD