



Commerce Public Schools Weekly Bulletin April 1 - 5, 2013



Monday, April 1

MENU: Breakfast: Peanut butter sandwich, fruit juice and milk
Lunch: Spaghetti w/meat sauce, garden spinach salad, seasoned peas (9-12), garlic bread stick (9-12), fresh grapes, fruit (9-12) & choice of milk

ACTIVITIES:

AES: ITBS Testing Begins (K, 1st & 2nd Grades)
CMS: Track Meet at Quapaw (7th & 8th) 3:00 pm
Baseball at Miami Baseball Tournament 5:00 pm

Tuesday, April 2

MENU: Breakfast: Biscuit sandwich, fruit juice and choice of milk
Lunch: Chicken wrap, romaine & tomato mix, spanish rice (6-12), steamed carrots, fresh citrus fruit cup, chilled fruit (9-12) & choice of milk

ACTIVITIES:

CMS: Baseball at Miami Baseball Tournament TBD
CHS: Track Meet at Dewey 9:30 am
Varsity Baseball vs OK Union (7/3) 4:30 pm
Varsity G/B Soccer at Oologah 5:30 pm

Wednesday, April 3

MENU: Breakfast: Whole grain cereal, graham crackers, fruit juice and choice of milk
Lunch: Taco salad, whole grain corn chips, salsa, refried beans, cinnamon puff, pineapple tidbits, fresh fruit (9-12) and choice of milk

ACTIVITIES:

AES: Fourth Grade Field Trip to Fantastic Caverns Leave 8:15 & Return 3:00
Fifth Grade Writing Test
CMS: 8th Grade Writing Test
Track Meet at Quapaw (6th) 9:30 am
CHS: STUCO Districts at Jay (all day)

Thursday, April 4

MENU: Breakfast: Pancake on stick with syrup, fruit juice and milk
Lunch: Turkey & noodles, mashed potatoes, green beans, whole wheat roll (9-12), orange wedges, chilled canned fruit (9-12) and choice of milk

ACTIVITIES:

CMS: Baseball at Miami Baseball Tournament TBD
CMS/CHS: Baseball, Track and Soccer Pictures 8:00 am
CHS: FCCLA State Rally
Track Meet at Miami 9:30 am
Baseball at Adair Baseball Tournament 4:00 pm

Friday, April 5

MENU: Breakfast: Biscuit, sausage gravy, fruit juice and milk
Lunch: Pig in a blanket, potato wedges, broccoli w/cheese, fresh apple wedges, jello, fresh fruit (9-12) and choice of milk

ACTIVITIES:

AES: ITBS Testing Ends (K, 1st & 2nd Grades)
CMS: Baseball at Salina (5/5) 4:30 pm
CHS: FCCLA State Rally
Baseball at Adair Baseball Tournament TBD
Varsity G/B Soccer vs Glenpool 5:30 pm

Saturday, April 6

CHS: Baseball at Adair Tournament TBD