



Commerce Public Schools

Weekly Bulletin

April 15 - 20, 2013



Monday, April 15

MENU: Breakfast: Pancakes & syrup, sausage patty, fruit juice and milk
Lunch: Italian pasta bake, green pepper strips & fresh baby carrots w/ fat free ranch dressing, whole wheat bread & jelly (9-12), applesauce, royal brownie, fruit juice (9-12) and choice of milk

ACTIVITIES:

CMS: Tiger Classic Track Meet 3:30 pm
Varsity Baseball at Adair (7/3) 5:00 pm
CHS: End of Instruction Testing Begins

Tuesday, April 16

MENU: Breakfast: Whole grain pop tart, whole grain cereal, fruit juice and choice of milk
Lunch: Pepperoni pizza, tossed salad w/romaine & tomato and fat free ranch dressing, garlic bread stick w/marinara sauce, fresh bananas, chilled fruit (9-12) and choice of milk

ACTIVITIES:

CPS: Progress Reports Go Out
CMS: Baseball vs Welch (7) 4:00 pm
CHS: Track at Vinita 12:30 pm
Varsity Baseball at Colcord (5/5) 4:30 pm
Varsity G/B Soccer at Miami 5:30 pm

Wednesday, April 17

MENU: Breakfast: Breakfast burrito, fruit juice and choice of milk
Lunch: Taco burger on a whole grain bun, romaine & tomato, refried beans, black bean and corn salsa w/whole grain tortilla chips (9-12), sliced pears, fresh fruit (9-12) and choice of milk

ACTIVITIES:

CMS: 6th Grade Track at Wyandotte 9:00 am
CHS: Fidelity Life presentation 7:40 am

Thursday, April 18

MENU: Breakfast: Cinnamon biscuit, chilled fruit juice and choice of milk
Lunch: Chicken patty, mashed potatoes & gravy, green beans, whole wheat roll & jelly, orange wedges, fruit juice (9-12) and choice of milk

ACTIVITIES:

CHS: JV Girls Soccer vs Locust Grove JV 5:30 pm

Friday, April 19

MENU: Breakfast: Biscuit with sausage gravy, fruit juice and choice of milk
Lunch: Hot ham & cheese on whole grain bun, potato wedges, fresh broccoli w/ranch dressing, fresh grapes, chocolate chip cookie (9-12), chilled fruit (9-12) and choice of milk

ACTIVITIES:

CMS/CHS: Baseball at Foyil (5/7/3) 4:30 pm
CHS: Fidelity Life – all day sign up
FCCLA Meeting – after school
CHS: Varsity Boys Soccer vs Claremore Sequoyah (V/JV) 5:00 pm

Saturday, April 20

CHS: Track at Catoosa 9:00 am
Baseball at Webster (7/3) 2:00 pm