



## Commerce Public Schools Weekly Bulletin April 22 – 27, 2013



Monday, April 22

MENU: Breakfast: French toast sticks, syrup, sausage link, chilled fruit juice and milk

Lunch: Beef & bean burrito, romaine & tomato, corn, salsa & whole grain tortilla chips, apple wedges, fruit juice (9-12) and milk

ACTIVITIES:

CMS: Baseball vs Grove (5/5) 4:30 pm

CHS: Varsity Baseball at Kansas 5:00 pm

Varsity Girls Soccer at Bristow 6:00 pm

Tuesday, April 23

MENU: Breakfast: Cereal, scoobie graham, chilled fruit juice and milk

Lunch: Sloppy Joe on a whole grain bun, sweet potato puffs, baked beans, orange smiles, canned fruit (9-12), Oatmeal cookie (9-12) and milk

ACTIVITIES:

CMS/CHS: Lucky 7 Track Meet at Miami HS 1:30

Wednesday, April 24

MENU: Breakfast: Breakfast bar, toast, chilled fruit juice and milk

Lunch: Stromboli, garden spinach salad, oven fries, fresh strawberries, chilled fruit (9-12) and milk

ACTIVITIES:

CMS: 6<sup>th</sup> Grade Track Meet 9:30 am

Thursday, April 25

MENU: Breakfast: Cini Mini, oatmeal, chilled fruit juice and milk

Lunch: Turkey & cheese on whole grain bread, dark green leaf lettuce & tomato, fresh baby carrots & broccoli, fat free ranch dressing, whole grain chips, sliced peaches, fruit juice (9-12) and milk

ACTIVITIES:

AES: Land Run during lunch

CMS: 7<sup>th</sup> & 8<sup>th</sup> Grade Track at Oswego 1:30 am

CHS: Baseball Districts at Quapaw

Friday, April 26

MENU: Breakfast: Sausage gravy with biscuit, chilled fruit juice and milk

Lunch: Country style beef pattie, mashed potatoes & gravy, steamed broccoli, wheat roll & jelly (6-12), fresh banana, chilled canned fruit and milk

ACTIVITIES:

AES: PK & K to Petting Zoo (NEO Equine Center) Leave at 12:40 pm

CMS: Top Tiger Luncheon

CHS: Baseball Districts at Quapaw (if needed)

Saturday, April 27

CHS: Track Regionals at Oologah