



Commerce Public Schools
Weekly Bulletin
April 28 - May 3, 2014



Monday, April 28

MENU: Breakfast: Cereal, Scoobie Graham, Fruit Juice and Milk
Lunch: Beef & Bean Burrito, Romaine & Tomato, Corn, Salsa & Whole Grain Tortilla Chips, Spiced Apples, Fruit Juice (9-12) and Milk

ACTIVITIES:

AES: PK and K Enrollment - **For New Students Only** (8:15-10:45 or 1:00-3:00)
CMS/CHS: Lucky 7 Track Meet at Miami 1:30 pm
CHS: EOI – Algebra II
Varsity Baseball at Chelsea (5/5) 5:00 pm

Tuesday, April 29

MENU: Breakfast: Pillsbury Sunrise Breakfast, Fruit Juice and Milk
Lunch: Steak Fingers, Mashed Potatoes & Gravy, Seasoned Green Beans, Whole Grain Biscuit & Jelly, Fresh Banana, Canned Fruit (9-12) and Milk

ACTIVITIES:

AES: PK and K Enrollment – **For New Students Only** (8:15-10:45 or 1:00-3:00)
CHS: NHS Induction at 6:00 pm (Gym)

Wednesday, April 30

MENU: Breakfast: Pancake on a Stick w/Syrup, Fruit Juice and Milk
Lunch: BBQ Beef on a Whole Grain Bun, Sweet Potato Puffs, Baked Beans, Orange Smiles, Canned Fruit (9-12), Chocolate No Bake Cookie and Milk

ACTIVITIES:

AES: PK and K Enrollment – **For New Students Only** (8:15-10:45 or 1:00-3:00)
CMS: 6th Grade Track Meet at Commerce 9:30 am
CHS: EOI – Biology I

Thursday, May 1

MENU: Breakfast: Cini Mini, Oatmeal, Fruit Juice and Milk
Lunch: Chicken Alfredo with a Twist, Steamed Broccoli, Garden Spinach Salad, Whole Grain Bread Stick, Mandarin Oranges, Fresh Fruit (9-12) and Milk

ACTIVITIES:

AES: PK and K Enrollment – **For New Students Only** (8:15-10:45 or 1:00-3:00)
CMS: 7th & 8th Grade Track Meet at Oswego 3:30 pm
CHS: PSU Honor Band – All Day
Baseball Districts at Ok Union 3:00 pm

Friday, May 2

MENU: Breakfast: Sausage Gravy with Biscuit, Fruit Juice and Milk
Lunch: Turkey and Cheese Sub on Whole Grain Bun, Dark Green Leaf Lettuce & Tomato, Oven Fries, Sliced Peaches, Fresh Fruit (9-12) and Milk

ACTIVITIES:

AES: PK and K Enrollment – **For New Students Only** (8:15-10:45 or 1:00-3:00)
CHS: Baseball Districts (If needed game) 5:00 pm

Saturday, May 3

CHS: Regional Track Meet at Oologah 9:30 am