



# Commerce Public Schools Weekly Bulletin April 29 – May 4, 2013



Monday, April 29

**MENU:** Breakfast: Cereal, whole grain toast, chilled fruit juice and milk  
Lunch: Whole grain corn dog, garden spinach salad, seasoned peas, fat free ranch dressing, apple wedges, canned fruit (9-12), and milk

**ACTIVITIES:**

**AES:** PK and K enrollment today through Friday - For new students only - 8:15 am to 10:45 am or 1:00 pm to 3:00 pm  
**CMS:** Lucky 7 Baseball Tournament at Commerce (CMS play at 4:30 pm & 7:30 pm)  
**CHS:** US Army SSgt. Rogers will set up during lunches

Tuesday, April 30

**MENU:** Breakfast: Pancake on a stick, syrup, chilled fruit juice and milk  
Lunch: Chicken quesadilla, salsa and whole grain corn tortilla chips, refried beans, orange wedges, canned fruit (9-12) and milk

**ACTIVITIES:**

**CMS/CHS:** Lucky 7 Track Meet at Miami 9:00 am  
**CHS:** NHS Induction Ceremony (HS Gym) 6:00 pm

Wednesday, May 1

**MENU:** Breakfast: Muffins, yogurt, chilled fruit juice and milk  
Lunch: Cowboy cavatina, tossed salad w/romaine, green beans, whole wheat roll & jelly (6-12), fresh banana, fruit juice (9-12), and milk

Thursday, May 2

**MENU:** Breakfast: Whole grain breakfast bagel, chilled fruit juice and milk  
Lunch: Taco soup, whole grain corn tortilla chips, fresh broccoli, fat free ranch dressing, sliced pears, snicker doodle cookie, fresh fruit (9-12) and milk

**ACTIVITIES:**

**AES:** Test Reward (3<sup>rd</sup> - 5<sup>th</sup> grade) 12:30 pm - 3:00 pm  
**AES/CMS:** 5<sup>th</sup> & 6<sup>th</sup> grade Track Meet at Afton 9:30 am  
**CHS:** TSA State/Regional Officer Training in Stillwater (today through Sat.)  
PSU 4 State Honor Band Concert 7:00 pm  
Regional Baseball Tournament tba  
**CPS:** Professional Development Committee Meeting 8:15 am

Friday, May 3

**MENU:** Breakfast: Biscuit with sausage gravy, chilled fruit juice and milk  
Lunch: Chicken & noodles, mashed potatoes, fresh baby carrots, fat free ranch dressing, blueberry oat muffin, pineapple tidbits, fruit juice (9-12) and milk

**ACTIVITIES:**

**AES:** Test Reward (3<sup>rd</sup> - 5<sup>th</sup> grade) 1:00 pm - 3:00 pm  
**CHS:** State Track Meet at Carl Albert High School  
Regional Baseball Tournament tba

Saturday, May 4

**CMS:** MS Lucky 7 Baseball Tournament tba  
**CHS:** State Track Meet at Carl Albert High School