



*Commerce Public Schools
Weekly Bulletin
May 5 - 10, 2014*



*Food Service Personnel Week
&
Teacher Appreciation Week*

Monday, May 5
Cinco de Mayo

MENUS: Breakfast: French Toast Sticks w/Syrup, Chilled Fruit Juice and Milk
Lunch: Whole Grain Corn Dog, Baked Sun Chips, Baby Carrots w/Fat Free Ranch Dressing, Seasoned Corn, Apple Wedges, Chilled Canned Fruit (9-12) & Milk

ACTIVITIES:

AES: Cinco de Mayo Assembly 1:30 pm
CMS: Lucky 7 Baseball Tournament 4:00 pm
CHS: EOI - Algebra I

Tuesday, May 6

MENUS: Breakfast: Whole Wheat Bagel w/Toppings, Yogurt, Fruit Juice & Milk
Lunch: Chicken Quesadilla, Salsa, Spanish Rice, Refried Beans, Fresh Banana, Fruit Juice (9-12) and Milk

ACTIVITIES:

CMS: Lucky 7 Baseball Tournament 4:00 pm
CHS: EOI - Algebra II

Wednesday, May 7

MENUS: Breakfast: Breakfast Pizza, Fruit Juice and Milk
Lunch: Taco Soup, Whole Grain Tortilla Chips, Fresh Broccoli, Fresh Pears, Whole Grain Snicker Doodle Cookie, Chilled Fruit and Milk

ACTIVITIES:

AES: 5th Grade Tour Middle School 9:00 am
5th Grade Visits the High School Music Program 1:20 pm
CMS/CHS: Athletic Physicals at CHS (5th - 11th Grade) Girls start at 2:15 during athletic period and Boys at 4:00 pm
CHS: EOI - Make Up Day

Thursday, May 8

MENUS: Breakfast: Bug Bites, Whole Grain Cereal, Chilled Fruit Juice and Milk
Lunch: Beef & Noodles, Mashed Potatoes, Steamed Cauliflower, Whole Grain Roll, Pineapple Tidbits, Fruit Juice (9-12) and Milk

ACTIVITIES:

AES: ITBS Testing - Grades K, 1 and 2 - starting on Monday and end Thursday
CHS: EOI - Make Up Day
Baseball Regionals TBA

Friday, May 9

MENUS: Breakfast: Biscuit with Sausage Gravy, Chilled Fruit Juice and Milk
Lunch: Cowboy Cavatina, Tossed Salad w/Romaine, Seasoned Green Beans, Whole Grain Roll & Jelly (6-12), Orange Wedges, Chilled Fruit (9-12), & Milk

ACTIVITIES:

AES: Elementary Tiger Classic at HS
CHS: EOI - Make Up Day
State Track Meet at Carl Albert
Baseball Regionals TBA

Saturday, May 10

CHS: State Track Meet at Carl Albert
Baseball Regionals TBA