



Commerce Public Schools Weekly Bulletin May 6 - 10, 2013



TEACHER APPRECIATION WEEK

Monday, May 6

MENU: Breakfast: Breakfast pizza, fruit juice and choice of milk
Lunch: Chicken tetrazzini, tossed salad w/romaine, steamed carrots, whole grain hot roll, fresh strawberries, chilled fruit (9-12) and milk

ACTIVITIES:

AES: Rise and Shine Assembly
PK Fun Day
CPS: Building Committee Meeting at CPS Central Office 6:30 pm

Tuesday, May 7

MENU: Breakfast: Scrambled eggs, toast, fruit juice & choice of milk
Lunch: Hamburger patties w/brown gravy, mashed potatoes, garden spinach salad w/tomato, whole grain hot roll, apple wedges, chilled fruit juice (9-12) and choice of milk

ACTIVITIES:

CMS/CHS: Band and Choir Spring Concert at NEO Fine Arts

Wednesday, May 8

MENU: Breakfast: Cereal with whole grain toast and jelly, fruit juice and choice of milk
Lunch: Pork rib on a whole grain bun, dark green leaf lettuce & tomato, tator puffs, black eyed peas, mandarin oranges, fresh fruit (9-12) and choice of milk

ACTIVITIES:

CMS: 5TH Grade Tour
CMS/CHS: Next year's 9th Graders Pre-enrollment (2, 3, 7 hours)
CHS: Art & Humanities trip to Philbrook Museum

Thursday, May 9

MENU: Breakfast: Cini Mini, oatmeal, fruit juice and choice of milk
Lunch: Baked chicken, savory rice, fresh broccoli w/fat free ranch dressing, corn, oatmeal roll, sliced peaches, chilled fruit juice (9-12) and choice of milk

ACTIVITIES:

AES: PFC School Carnival 5:00 pm

Friday, May 10

MENU: Breakfast: Biscuit with sausage gravy, fruit juice and choice of milk
Lunch: AES: Hog dog, baked chips, baby carrots & broccoli, fat free ranch dressing, fruit juice, whole grain chocolate chip cookie and choice of milk
CMS/CHS: Choice of tuna salad sandwich or ham salad sandwich, baked chips, baby carrots & broccoli, fat free ranch dressing, fruit juice, whole grain chocolate chip cookie, fresh fruit (9-12) and choice of milk

ACTIVITIES:

AES: Elementary Track Meet at HS
CMS/CHS: Next year's 9th Graders pre-enrollment (2, 3, 7 hours)

Sunday, May 12

MOTHER'S DAY