



# Commerce Public Schools Weekly Bulletin August 19 - 24, 2013



Monday, August 19

MENU: Breakfast: Peanut Butter Sandwich, fruit juice and choice of milk  
Lunch: Taco Salad, whole grain corn tortilla chips & salsa, refried beans, pineapple tidbits, whole grain cookie,

ACTIVITIES:

CHS: FCCLA Meeting 7:45 am

Tuesday, August 20

MENU: Breakfast: Biscuit sandwich, fruit juice and choice of milk  
Lunch: Beef pattie, mashed potatoes w/gravy, green beans, whole grain roll, orange wedges, chilled canned fruit (9-12) and choice of milk

ACTIVITIES:

CMS/CHS: Softball vs Fairland (MS/V/JV) 4:30 pm  
CHS: Spanish Club 7:45 & 3:05 (you pick)

Wednesday, August 21

MENU: Breakfast: Pancake on a stick with syrup, fruit juice and choice of milk  
Lunch: Chicken wrap, romaine and tomato mix, spanish rice (6-12), steamed carrots, mixed fruit cup, fresh fruit (9-12) and choice of milk

ACTIVITIES:

CHS: Jr. Class Prom Meeting 7:45

Thursday, August 22

MENU: Breakfast: Whole grain cereal, graham crackers, fruit juice and choice of milk  
Lunch: Spaghetti w/meat sauce, garden spinach salad (6-12), steamed carrots, mixed fruit cup, fresh fruit (9-12) and choice of milk

ACTIVITIES:

AES: American Fidelity Rep. (visit with staff)  
CMS: MS Softball Tournament at Quapaw tba  
CHS: STUCO Meeting 7:45  
American Fidelity Rep. (visit with staff)  
Softball vs Ketchum (V/JV) 4:30

Friday, August 23

MENU: Breakfast: Biscuit, sausage gravy, fruit juice and choice of milk  
Lunch: Hot dog on whole grain bun, seasoned fries, fresh broccoli w/ranch dip, apple wedges, chilled canned fruit (9-12) and choice of milk

ACTIVITIES:

AES: American Fidelity Rep. (visit with staff)  
CMS: American Fidelity Rep. (visit with staff)  
CHS: Football scrimmage vs Chelsea tba  
Jay Softball Festival tba

Saturday, August 24

CHS: Kellyville Softball Festival tba