



**Commerce Public Schools
Weekly Bulletin
August 29 - Sept. 2, 2011**



Monday, August 29

**MENU: Breakfast: Cereal, super donut, chilled fruit juice, and milk
Lunch: Corn dog, oven fries, salad bar, chilled sliced peaches, wacky cake and milk**

ACTIVITIES:

CMS/CHS: Softball at Quapaw (MS/V/JV) 4:00 pm

Tuesday, August 30

**MENU: Breakfast: Pancake on stick, syrup, chilled fruit and milk
Lunch: Crispy chicken fingers, creamed potatoes with gravy, salad bar, biscuit, rosy applesauce and milk**

ACTIVITIES:

**CMS/CHS: Meth & Suicide Prevention Assembly (Quapaw Tribe
Substance Abuse Department) 9:30 am
CHS: Varsity Softball at Foyil 5:00 pm**

Wednesday, August 31

**MENU: Breakfast: PBJ sandwich, chilled fruit juice and milk
Lunch: Taco's, Mexicali corn, shredded lettuce, diced tomatoes, shredded cheese, salsa, chilled sliced pears and milk**

Thursday, September 1

**MENU: Breakfast: Hormel breakfast bar, biscuit, chilled fruit and milk
Lunch: Beef and noodles, steamed cauliflower w/cheese, salad and milk**

ACTIVITIES:

**CMS: Softball vs Miami (2-5's) 4:00 pm
CHS: Black Out Assembly 8:00 pm**

Friday, September 2

**MENU: Breakfast: Sausage gravy with biscuit, chilled fruit juice and milk
Lunch: Ham and cheese sandwich on whole grain bread, fresh veggies with dip, pasta salad, salad bar, cantaloupe chunks, brownie and milk**

ACTIVITIES:

**CMS/CHS: Band, Cheerleading, Football & Softball pictures start
8:15, then club/organization pictures
CHS: Upward Bound (table set up during both lunches)
Tail Gate Party 5:00 pm to 6:30 pm
Football vs Oklahoma Union 7:00 pm**