



# Commerce Public Schools Weekly Bulletin August 22 - 27, 2011



**Monday, August 22**

**MENU:** Breakfast: Whole grain breakfast pizza, chilled fruit and milk  
Lunch: Golden chicken rings, brown rice pilaf, garden peas, salad bar, chilled pineapples chunks and milk

**ACTIVITIES:**

**CMS/CHS:** Softball vs Afton (MS/V/JV) 4:00 pm

**Tuesday, August 23**

**MENU:** Breakfast: Waffles, syrup, sausage link, chilled fruit and milk  
Lunch: Hamburger patty with brown gravy, whipped potatoes, seasoned green beans, salad bar,

**ACTIVITIES:**

**CMS:** Softball vs OK Union/S. Coffeyville (2/5) 5:15 pm  
**CHS:** Softball at Kansas 5:00 pm

**Wednesday, August 24**

**MENU:** Breakfast: Cereal, toast, jelly, chilled fruit juice and milk  
Lunch: Seasoned chicken patty on whole grain bun, oven curly potatoes, creamy coleslaw, salad bar, jello and milk

**ACTIVITIES:**

**CHS:** A.M. Club Day  
Varsity Softball Welch Tournament

**Thursday, August 25**

**MENU:** Breakfast: Yogurt, muffin, chilled fruit and milk  
Lunch: Lasagna, steamed broccoli, salad bar, chilled mandarin, slice of french bread and milk

**ACTIVITIES:**

**CMS:** Ketchum Festival

**Friday, August 26**

**MENU:** Breakfast: Biscuit with sausage gravy, chilled fruit juice and milk  
Lunch: Cheeseburger, baked chips, burger fixings, California mix vegetables, watermelon chunks, cookie and milk,

**ACTIVITIES:**

**CMS:** Ketchum Festival  
**CHS:** Varsity Softball Welch Tournament  
Football Scrimmage at Barnsdall 6:00 pm

**Saturday, August 27**

**CMS:** Ketchum Festival  
**CHS:** Varsity Softball Welch Tournament TBD

**Reminder for High School students:** If you plan to take the ACT in Oct, Sept. 16 is registration deadline. Registration info is in Ms. Buttram's office. If you qualify for Free/Reduced lunch, stop by Ms. Buttram's office for an ACT Fee Waiver.