



Commerce Public Schools Weekly Bulletin August 26 - 30, 2013



Monday, August 26

MENU: Breakfast: Waffles with syrup, fruit juice and milk
Lunch: Macaroni & cheese, meat balls, seasoned peas, fresh baby carrots, whole wheat roll & jelly (9-12), apple wedges, fruit juice (9-12) and choice of milk

ACTIVITIES:

CMS/CHS: Softball vs Afton 4:00 pm
CHS: Student Council Meeting 7:45 am

Tuesday, August 27

MENU: Breakfast: Breakfast bagel, fruit juice and milk
Lunch: Chicken nuggets, mashed potatoes with gravy, green beans, wheat roll and jelly (6-12), strawberries & bananas, fruit juice (9-12) and choice of milk

ACTIVITIES:

CMS: Softball at Quapaw (2/5) 4:00 pm
CHS: Softball at Kansas (V/JV) 4:30 pm

Wednesday, August 28

MENU: Breakfast: Whole grain cinnamon roll, fruit juice and milk
Lunch: Chili, whole grain corn chips, celery & cucumbers rosy applesauce, whole grain oatmeal cookie, fresh fruit (9-12) and choice of milk

ACTIVITIES:

CHS: Speech & Drama Club Meeting
Quapaw Tribe Substance Abuse Program 8:30 am

Thursday, August 29

MENU: Breakfast: Pancake w/syrup, sausage link, fruit juice and milk
Lunch: Baked ham, baked beans, fresh broccoli w/fat free ranch dressing, whole grain biscuit & jelly, orange smiles, chilled fruit (9-12) and choice of milk

ACTIVITIES:

CMS: Ketchum Softball Festival TBD
CHS: NHS Meeting (library) 7:45 am
Softball at Quapaw (V/JV) 4:00 pm

Friday, August 30

MENU: Breakfast: Biscuit with sausage gravy, fruit juice and milk
Lunch: Hamburger on a bun, dark green leaf lettuce & tomato, sweet potato fries, fruit cocktail, rice crispy, fresh fruit (9-12) and choice of milk

ACTIVITIES:

CMS: Ketchum Softball Festival
CHS: Football Scrimmage at Verdigris