



# Commerce Public Schools Weekly Bulletin August 27 - 31, 2012



**Monday, August 27**

**MENU:** Breakfast: Whole grain pop tart, whole grain cereal, fruit and choice of milk

Lunch: Sausage pizza, tossed salad, garlic bread stick with marinara sauce, bananas and choice of milk

**ACTIVITIES:**

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

**Tuesday, August 28**

**MENU:** Breakfast: Pancakes & syrup, sausage patty, fruit juice and choice of milk

Lunch: Italian pasta bake, green pepper strips & fresh baby carrots, whole wheat bread & jelly (9-12), applesauce, royal brownie and choice of milk

**Wednesday, August 29**

**MENU:** Breakfast: Biscuit sandwich, fruit and choice of milk

Lunch: Taco burger on a bun, romaine & tomato, refried beans, black bean & corn, salsa with whole grain corn tortilla chips (9-12), sliced pears and choice of milk

**ACTIVITIES:**

**CHS:** Meth/Suicide Assembly 10:00 am (gym)  
Club Day

**Thursday, August 30**

**MENU:** Breakfast: Cereal bar, string cheese, chilled fruit and choice of milk

Lunch: Chicken patties, mashed potatoes & gravy, green beans, whole wheat roll & jelly (6-12), orange wedges and choice of milk

**ACTIVITIES:**

**CHS:** NHS Meeting 7:45 am (library)  
Varsity Softball Commerce Tournament 4:00 vs E. Newton -  
6:00 vs Fairland  
Black-Out Assembly 8:30 pm (gym)

**Friday, August 31**

**MENU:** Breakfast: Angel biscuit, sausage gravy, fruit juice and choice of milk

Lunch: Hot ham & cheese on bun, potato wedges, fresh broccoli, grapes, chocolate chip cookies (9-12) and choice of milk

**ACTIVITIES:**

**CHS:** Varsity Softball - Commerce Tournament 10:00 am  
Varsity Football vs Mt. Vernon 7:00 pm

**Saturday, Sept. 1**

**CHS:** Varsity Softball - Commerce Tournament 9:00 am