



Commerce Public Schools Weekly Bulletin September 3 –7, 2013



Monday, September 2

Labor Day – NO SCHOOL

Tuesday, September 3

MENU: Breakfast: Whole Grain Cereal, whole grain toast, chilled fruit juice and choice of milk

Lunch: Pepperoni pizza, tossed salad w/romaine and fat free ranch dressing, garlic bread stick w/marinara sauce, watermelon chunks, chilled fruit (9-12) and choice of milk

ACTIVITIES:

CMS: Softball at Chouteau (2/5's) 4:30 pm

CHS: Spanish Club 7:45 or 3:05 (you pick a time)

Class Meetings 3rd hour – Select Homecoming Queen candidates & attendants

Wednesday, September 4

MENU: Breakfast: Egg omelet with salsa, whole grain biscuit, chilled fruit juice and choice of milk

Lunch: Italian pasta bake, green pepper strips and fresh baby carrots with fat free ranch dressing, whole grain roll & jelly (9-12), applesauce, royal brownie, fruit juice (9-12), and choice of milk

ACTIVITIES:

CHS: Jr. Class Prom Meeting 7:45 am

Thursday, September 5

MENU: Breakfast: French toast stick with syrup, chilled fruit juice and choice of milk

Lunch: Chicken pattie, mashed potatoes & gravy, green beans, whole grain biscuit & jelly, cantaloupe chunks, fruit juice (9-12) and choice of milk

ACTIVITIES:

CMS: Softball at Ketchum (2-5's) 4:30 pm

CMS/CHS: Sports Pictures – FOOTBALL, SOFTBALL & CHEERLEADING

CHS: Commerce Varsity Softball Tournament (Lady Tigers play at 11:30 am vs Diamond and at 5:30 pm vs Fairland)

Black Out Assembly 8:00 pm

Friday, September 6

MENU: Breakfast: Biscuit with sausage gravy, fruit juice and choice of milk

Lunch: Taco's, romaine & tomato, refried beans, black beans and corn salsa with whole grain tortilla chips, sliced pears, fresh fruit (9-12) and choice of milk

ACTIVITIES:

CMS: Oklahoma Union MS Softball Festival TBD

CHS: Commerce Varsity Softball Tournament TBD
Varsity Football at Mt. Vernon, MO 7:00 pm

Saturday, September 7

CHS: Commerce Varsity Softball Tournament TBD