



Commerce Public Schools Weekly Bulletin September 9 – 14, 2013



Monday, September 9

MENU: Breakfast: Cereal, scoobie graham, fruit juice and milk
Lunch: Beef & bean burrito, romaine & tomato, corn, salsa and whole grain tortilla chips, apple wedged, fruit juice (9-12) and milk

ACTIVITIES:

CMS: Pep Assembly 10:30 am
Football at Afton 6:30 pm
CHS: Softball vs Seneca 4:30 pm
CPS: School Board Meeting 6:30 pm

Tuesday, September 10

MENU: Breakfast: Pillsbury sunrise breakfast, fruit juice and milk
Lunch: BBQ beef on a whole grain bun, sweet potato puffs, baked beans, orange smiles, canned fruit (9-12), oatmeal cookie (9-12) and milk

ACTIVITIES:

AES: Red Wheel Fundraiser Ends
CMS: Teacher's Meeting 7:45 am
CMS/CHS: Softball at Welch (MS/V/JV) 4:00 pm

Wednesday, September 11

MENU: Breakfast: Pancake on a stick/with syrup, fruit juice, and milk
Lunch: Teriyaki chicken bites, egg roll (6-12), savory rice, seasoned peas, broccoli salad, chilled pineapple, fresh fruit (9-12), graham crackers and milk

ACTIVITIES:

CHS: Teacher's Meeting 7:50 am
Man-Up at the Miami First Christian Church (9th - 12th boys)

Thursday, September 12

MENU: Breakfast: Cini Mini, oatmeal, fruit juice and milk
Lunch: Country style steak fingers, mashed potatoes & gravy, steamed broccoli, wheat roll & jelly (6-12), banana, canned fruit and milk

ACTIVITIES:

CHS: Wyandotte Softball Tournament
Band Booster Club Meeting at 6:00 pm (HS Band Room)
CPS: Progress Reports go out

Friday, September 13

MENU: Breakfast: Sausage gravy with biscuit, fruit juice and milk
Lunch: Turkey & cheese on whole grain sub, dark green leaf lettuce & tomato, oven fries, sliced peaches, fresh fruit (9-12), graham snacks (9-12) and milk

ACTIVITIES:

CMS: Softball at Miami (2-5's)
CHS: Wyandotte Softball Tournament (vs Quapaw at 11:15 am & vs Afton at 12:30 pm)
Tailgate 5:00 pm – 6:30 pm (sponsored by the Cheer Boosters)
Football vs Cherryvale, KS 7:00 pm

Saturday, September 14

CHS: Wyandotte Softball Tournament TBD