



*Commerce Public Schools
Weekly Bulletin
September 16 – 21, 2013*



CHS HOMECOMING WEEK!!!!

CHS bring you spirit and participate in the following:

Monday: Pajama Day

Tuesday: Gender Bender Day (Dress as the opposite sex)

Wednesday: Fake an Injury Day

Thursday: Blue and White Day

Monday, September 16

MENU: Breakfast: French toast sticks with syrup, fruit juice and milk

Lunch: Whole grain corn dog, garden spinach salad, seasoned peas, fat free ranch dressing, apple wedges, canned fruit (9-12) and choice of milk

ACTIVITIES:

CMS: Football vs Quapaw 6:30 pm

CMS/CHS: Softball vs Wyandotte 4:00 pm

CHS: JV Football at Cherryvale 6:30 pm

Tuesday, September 17

MENU: Breakfast: Whole wheat bagel with toppings, yogurt, fruit juice and milk

Lunch: Chicken quesadilla, salsa and whole grain corn tortilla chips, refried beans, orange wedges, fruit juice (9-12) and choice of milk

ACTIVITIES:

CPS: Constitution Day

CMS/CHS: Softball vs Oklahoma Union 5:00 pm

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

Wednesday, September 18

MENU: Breakfast: Breakfast Pizza, fruit juice and milk

Lunch: Cowboy cavatina, tossed salad with romaine, green beans, whole wheat roll & jelly (6-12), fresh banana, canned fruit (9-12) and choice of milk

ACTIVITIES:

CHS: Jr. Class Prom Meeting 7:45 am

Homecoming Practice 2:15 pm

Thursday, September 19

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

Lunch: Chicken & noodles, mashed potatoes, fresh baby carrots, fat free ranch dressing, blueberry oat muffin, pineapple tidbits, fruit juice (9-12) and milk

ACTIVITIES:

AES: Book Fair begins

Parent-Faculty Club Meeting 6:30 pm

CHS: NHS Meeting (library) 7:50 am

Homecoming Pictures 1:00 pm

Homecoming Assembly 2:40 pm

Softball at Colcord (V/JV) 4:30 pm

CPS: Parent/Teacher Conferences (Day 1) 3:30 pm to 6:30 pm

Friday, September 20

CPS: NO SCHOOL

CMS: Pulled Pork Fundraiser 11:00 am to 1:00 pm

CHS: Homecoming Coronation 6:30 pm

Homecoming Football Game vs Oswego, KS 7:00 pm

Saturday, September 21

CHS: Cheer Regionals at Tulsa Union 12:00 pm