



**Commerce Public Schools
Weekly Bulletin
September 19 - 24, 2011**



Monday, Sept. 19

**MENU: Breakfast: PBJ Sandwich, fruit or juice and milk
Lunch: Whole grain pizza, corn, strawberry shortcake and milk**

ACTIVITIES:

**CMS: Football vs St. Peters
CHS: Softball vs Miami (V/JV) 4:30 pm
JV Football at Riverton 6:00 pm
CPS: School Picture Retakes**

Tuesday, Sept. 20

**MENU: Breakfast: Cereal, scoobie snack, fruit or juice and milk
Lunch: Beef taco pie, spanish rice, salsa, chili beans, chilled peaches and milk**

Wednesday, Sept. 21

**MENU: Breakfast: Biscuit sandwich, fruit or juice and milk
Lunch: Chicken noodles, mashed potatoes, green beans, chilled pears, whole wheat roll and milk**

ACTIVITIES:

CHS: FCA Meeting 7:50 am

Thursday, Sept. 22

**MENU: Breakfast: Pancake on stick, fruit or juice and milk
Lunch: AES: Cheese nachos, refried beans, salsa, watermelon, gogurt and milk
CMS/CHS: Chili cheese nacho's, salsa, refried beans, watermelon and milk**

ACTIVITIES:

CHS: Softball District vs Quapaw at CHS 4:00 pm

Friday, Sept. 23

**MENU: Breakfast: Sausage gravy biscuit, fruit or juice and milk
Lunch: Deli sub sandwich, chips, fresh veggies, dill pickle wedge, orange slices and milk**

ACTIVITIES:

**CHS: Pep Assembly 2:45 pm
Softball District vs Quapaw (if needed) TBD
Football at Ketchum 7:00 pm**

Saturday, Sept. 24

CHS: Science Club to Sam Noble Museum and OKC Zoo