



*Commerce Public Schools  
Weekly Bulletin  
September 23 - 27, 2013*



**ELEMENTARY SCHOOL SPIRIT WEEK!!!!**

Wednesday is Twin Day  
Thursday is 80's Day  
Friday is Blue & White Day

Monday, September 23

MENU: Breakfast: Whole grain, string cheese, fruit juice and milk  
Lunch: Pork rib on a whole grain bun, dark green leaf lettuce & tomato, sweet potato puffs, baked beans, mandarin oranges, fresh fruit (9-12) and choice of milk

ACTIVITIES:

CHS: FCA Leader Meeting 7:50 am  
Softball Conference Festival TBD  
JV Football at Oswego 6:30 pm

Tuesday, September 24

MENU: Breakfast: Breakfast sandwich, fruit juice milk  
Lunch: Hamburger patties w/brown gravy, mashed potatoes, green beans, whole grain hot roll, apple wedges, chilled fruit juice (9-12) and choice of milk

ACTIVITIES:

CHS: Science Club 7:45 am  
Softball Conference Festival TBD

Wednesday, September 25

MENU: Breakfast: Waffles w/syrup, sausage link, fruit juice and milk  
Lunch: Chicken tetrazzini, tossed salad w/romaine, steamed carrots, whole grain bread stick, fresh strawberries, chilled fruit (9-12) and choice of milk

ACTIVITIES:

AES: See You at the Pole  
Red Wheel Food Items – Pick up in the gym 3:30 pm to 6:30 pm  
CHS: See You at the Pole 7:30 am

Thursday, September 26

MENU: Breakfast: Whole grain cereal, pap tart, fruit juice and milk  
Lunch: Baked chicken, savory rice, steamed broccoli, corn, oatmeal roll, sliced peaches, chilled fruit juice (9-12) and choice of milk

ACTIVITIES:

CMS: Football vs St Peters 6:30 pm  
CHS: NHS Meeting 7:50 am  
All Seniors will attend NEO College Day (2<sup>nd</sup> & 3<sup>rd</sup> hours)  
Softball Districts at Oklahoma Union 4:00 pm  
CPS: Parent/Teacher Conferences (Day 2) 3:30 pm to 6:30 pm

Friday, September 27

MENU: Breakfast: Biscuit with sausage gravy, fruit juice and milk  
Lunch: Sloppy joe on a whole grain bun, seasoned fries, baby carrots and fresh broccoli w/fat free dressing, fresh grapes, canned fruit (9-12) and choice of milk

ACTIVITIES:

AES: Book Fair Ends  
Elementary Homecoming Pep Assembly 2:30 pm  
CMS: Top Tiger Lunch  
CHS: Softball Districts at Oklahoma Union 1:00 pm (If needed game)  
Varsity Football at Wyandotte 7:00 pm

Saturday, September 28

CHS: State Cheer Competition at Gallagher-Iba Arena at OSU