



**Commerce Public Schools
Weekly Bulletin
September 26 - Oct. 1, 2011**



Monday, Sept., 26

**MENU: Breakfast: Breakfast pizza, fruit or juice and milk
Lunch: Chicken rings, rice pilaf, peas, chilled pineapple chunks and milk**

ACTIVITIES:

**AES: Book Fair begins (ends October 3)
CMS/CHS: MS/JV Football at Fairland 6:00 pm**

Tuesday, Sept., 27

**MENU: Breakfast: Waffles, sausage link, fruit or juice and milk
Lunch: AES: Hamburger patty with brown gravy, whipped potatoes, green beans, whole grain roll and milk CMS/CHS: Salisbury steak, brown gravy, whipped potatoes, green beans, whole grain roll and milk**

ACTIVITIES:

CHS: FCCLA to Sky Ranch 9:00 am - 2:00 pm

Wednesday, Sept. 28

**MENU: Breakfast: Cereal, toast, fruit or juice and milk
Lunch: Chicken patty on bun, curly fries, coleslaw, jello and milk**

ACTIVITIES:

**CHS: Josten Presentation - Seniors 8:30 am Sophomore 9:20 am
UCO - College visit (Library) 12:25 pm - 1:15 pm**

Thursday, Sept. 29

**MENU: Breakfast: Yogurt, muffin, fruit or juice and milk
Lunch: AES: Cheesy bread stick with marinara, broccoli, mandarin oranges and milk CMS/CHS: Lasagna, steamed broccoli mandarin oranges and milk**

ACTIVITIES:

CHS: Softball Regional vs TBD

Friday, Sept. 30

**MENU: Breakfast: Biscuit, sausage gravy, fruit or juice and milk
Lunch: Cheeseburger, chips, california mixed vegetables, watermelon, cookie and milk**

ACTIVITIES:

**CHS: Softball Regional vs TBD
FCCLA helping with Miami NOW
Football at Colcord 7:00 pm**

Saturday, Oct. 1

**CHS: Softball Regional vs TBD
State Cheer Competition at Gallagher - Iba Arena (OSU)
12:30 pm**