



**Commerce Public Schools
Weekly Bulletin
September 28 - October 3, 2009**



Monday, September 28

MENU: Breakfast: Pancake on stick with syrup, juice and milk
Lunch: AES/CMS: Pizza, buttered corn, salad bar, dessert and choice of milk
CHS: Frito chili pie, grated cheese, salad bar, rosy applesauce, cinnamon roll and choice of milk

ACTIVITIES:

AES: Rise and Shine Assembly
Book Fair Continues (ends October 5)
CMS: Football @ Fairland 6:00 pm
CHS: College Fair for Seniors and G/T at NEO - leave 9:45 & return 2:30

Tuesday, September 29

MENU: Breakfast: Cereal with scoobie, juice and milk
Lunch: Mac and cheese with little smokies, green peas, salad bar, hot roll and choice of milk

ACTIVITIES:

AES: Teacher's Meeting 3:15 pm
CMS: Teacher's Meeting 7:45 am
CHS: Josten's Rep. will take orders at 8:30 am

Wednesday, Sept. 30

MENU: Breakfast: Long John with cereal, fruit and milk
Lunch: AES/CMS: Frito chili pie, grated cheese, salad bar, rosy applesauce, cinnamon roll and choice of milk
CHS: Pizza, buttered corn, salad bar, dessert and choice of milk

ACTIVITIES:

CHS: After Prom Meeting 5:00 pm

Thursday, October 1

MENU: Breakfast: Breakfast pocket, fruit and milk
Lunch: AES: Chicken Rings
CMS/CHS: Oven BBQ Chicken, baby reds mashed potatoes, green beans, salad bar, biscuit, jello and choice of milk

ACTIVITIES:

CHS: PLAN Test for all 10th graders
Softball Regionals TBA

Friday, October 2

MENU: Breakfast: Biscuit with sausage gravy, juice and milk
Lunch: Ham and Cheese sandwich, chips, dill pickle wedge, salad bar, chilled fruit, cookie and choice of milk

ACTIVITIES:

CHS: Football vs Oklahoma Union 7:30 pm

Saturday, October 3

CHS: FCCLA Silver Dollar City Trip