



Commerce Public Schools
Weekly Bulletin
September 30 - October 5, 2013



Monday, September 30

MENU: Breakfast: Peanut Butter Sandwich, Fruit Juice and Choice of Milk
Lunch: Taco Salad, Whole Grain Corn Tortilla Chips & Salsa, Refried Beans, Pineapple Tidbits, Whole Grain Oatmeal Cookie, Fresh Fruit (9-12) and Milk

ACTIVITIES:

CMS/CHS: Football at Fairland 6:30 pm

Tuesday, October 1

MENU: Breakfast: Hormel Breakfast Bar, Biscuit, Fruit Juice and Choice of Milk
Lunch: Meat Loaf, Mashed Potatoes w/Gravy, Green Beans, Whole Wheat Roll, Orange Wedges, Chilled Canned Fruit (9-12) and Choice of Milk

Wednesday, October 2

MENU: Breakfast: Pancake on a Stick with Syrup, Fruit Juice and Choice of Milk
Lunch: Fajita Chicken Wrap, Romaine & Tomato Mix, Spanish Rice (6-12), Steamed Carrots, Mixed Fruit Cup, Fresh Fruit (9-12) and Choice of Milk

ACTIVITIES:

CHS: Spanish Club Meeting 7:45 am or 3:05 pm (you pick)
CPS: Flu Shots for Staff beginning 7:30 am at High School and Moving to Middle School and Elementary

Thursday, October 3

MENU: Breakfast: Whole Grain Cereal, Whole Grain Toast, Fruit Juice and Milk
Lunch: Spaghetti w/Meat Sauce, Garden Spinach Salad, Seasoned Peas (9-12), Whole Grain Garlic Bread, Fresh Grapes, Chilled Canned Fruit (9-12) and Milk

ACTIVITIES:

CHS: Softball Regionals TBD
Catered Dinner for '78 State Runner-Up Football Team in the Gym

Friday, October 4

MENU: Breakfast: Biscuit Sausage Gravy, Fruit Juice and Choice of Milk
Lunch: Pig in a Blanket, Potato Wedges, Steamed Broccoli w/Cheese, Apple Wedges, Chilled Canned Fruit (9-12) and Choice of Milk

ACTIVITIES:

CHS: Softball Regionals TBD
Varsity Football vs Kansas 7:00 pm

Saturday, October 5

CHS: Softball Regionals TBD