



*Commerce Public Schools
Weekly Bulletin
October 14 - 19, 2013*



National School Lunch Week

Monday, October 14

MENU: Breakfast: Whole Grain Cereal, Whole Grain Toast, Fruit Juice and Choice of Milk
Lunch: Pepperoni Pizza, Tossed Salad w/Romaine and Fat French Ranch Dressing, Garlic Bread Stick w/Marinara Sauce, Watermelon Chunks, Fruit (9-12) and Choice of Milk

ACTIVITIES:

CMS/CHS: Football at Foyil 6:00 pm
CHS: Plan Test (Make-Up for sophomores who missed Oct. 10)
Academic Team Seeding Tourn. hosting Quapaw & Wyandotte 4:00 pm
CPS: School Board Meeting 6:30 pm

Tuesday, October 15

MENU: Breakfast: Egg Omelet w/Salsa, Whole Grain Biscuit, Fruit Juice and Choice of Milk
Lunch: Indian Taco's, Whole Grain Tortilla Chips w/Salsa, Sliced Pears, Fresh Fruit (9-12) and Choice of Milk

ACTIVITIES:

AES: PK to Right Choice Pumpkin Patch (Leave 8:15 am Return 3:00 pm)
CMS: Teacher's Meeting 7:45 am
CHS: Senior Panel Pictures
CPS: School Day Pictures 8:30 am
Grade Cards To Out

Wednesday, October 16

MENU: Breakfast: Biscuit with Sausage Gravy, Fruit Juice and Choice of Milk
Lunch: Chicken Pattie on a Whole Grain Bun, Dark Green Leaf Lettuce, Slice of Tomato, Sweet Potato Fries, Cantaloupe Chunks, Fruit Juice (9-12) and Choice of Milk

ACTIVITIES:

AES: First Grade Field Trip – Tulsa Zoo 8:10 am to 3:00 pm
CHS: Teacher's Meeting 7:50 am
PSAT (juniors who signed up) 7:50 am – 12:30 pm
Pep Assembly 2:45 pm
FCCLA – Situation Awareness – 4:00 pm

Thursday, October 17

NO SCHOOL FALL BREAK
CHS: Breast Cancer Fighters and Breast Cancer Survivors will be honored before the game at 6:30 pm – Join us in showing support for the Fight against Women's Breast Cancer – Wear Pink to the Game
Football Game vs. Ketchum 7:00 pm

Friday, October 18

NO SCHOOL FALL BREAK

Saturday, October 19

FCCLA to Worlds of Fun