



*Commerce Public Schools*  
*Weekly Bulletin*  
*October 21 - 26, 2013*



Monday, October 21

MENU: Breakfast: Cereal, Scoobie Graham, Fruit Juice and Milk  
Lunch: Beef & Bean Burrito, Romaine & Tomato, Corn, Salsa and Whole Grain Tortilla Chips, Spiced Apples, Fruit Juice (9-12) and Milk

ACTIVITIES:

CMS/CHS: MS & JV Football at Quapaw 6:30 pm

Tuesday, October 22

MENU: Breakfast: Pillsbury Sunrise Breakfast, Fruit Juice and Milk  
Lunch: Scrambled Eggs, Sauté Green Pepper and Onion, Sausage Patty, Tri Potatoes, Sliced Peaches, Whole Grain Biscuit w/Gravy, Fresh Fruit (9-12) and Milk

ACTIVITIES:

AES: Kindergarten Trip to Miami Fire Station  
CHS: Art Club Meeting 7:45 am  
STUCO Fall District Meeting 8:30 to Noon

Wednesday, October 23

MENU: Breakfast: Pancake on a Stick w/syrup, Fruit Juice and Milk  
Lunch: BBQ Pork on a Whole Grain Bun, Sweet Potato Puffs, Baked Beans, Orange Smiles, Canned Fruit (9-12), Pumpkin Bars (9-12) and Milk

ACTIVITIES:

AES: Drug Prevention Assembly – Oklahoma Bureau of Narcotics  
CHS: Jr Class Prom Meeting 7:45 am  
MSSU College Rep., Jeff Thompson, 12:25 pm in Library

Thursday, October 24

MENU: Breakfast: Cini Mini, Oatmeal, Fruit Juice and Milk  
Lunch: Baked Chicken, Mashed Potatoes & Gravy, Steamed Broccoli, Whole Grain Biscuit & Jelly, Fresh Banana, Canned Fruit (9-12), and Milk

ACTIVITIES:

CHS: FCCLA District Meeting at Grove 9:00 am to 2:00 pm  
Band Bonfire 5:50 pm

Friday, October 25

MENU: Breakfast: Sausage Gravy with Biscuit, Fruit Juice and Milk  
Lunch: Turkey & Cheese on Whole Grain Sub, Dark Green Leaf Lettuce & Tomato, Oven Fries, Sliced Pear, Fresh Fruit (9-12) and Milk

ACTIVITIES:

AES: Third Grade Field Trip – George Washington Carver National Monument  
(If Open) Leave 8:30am & Return 2:45 pm  
CHS: Pep Assembly 2:45 pm  
Fall Senior Night 6:30 pm (Softball, Band, Cheerleading & Football)  
Football vs. Salina 7:00 pm

Saturday, October 26

ACT Test Date