



Commerce Public Schools Weekly Bulletin October 22 – 26, 2012



Red Ribbon Week

Monday, October 22

MENU: Breakfast: Cereal, whole grain toast, fruit juice and milk
Lunch: Whole grain corn dog, garden spinach salad, seasoned peas, apple wedges, fat free ranch dressing, canned fruit (9-12) and milk

ACTIVITIES:

CMS: "Drugs give me the Blues" Wear blue and support CMS!
CHS: "Dead Day"
CMS/CHS: 6/T students to Greenbush
CMS: Welch 6th Grade Basketball Tournament vs Welch 4:30 pm (girls followed by boys)
CMS/CHS: MS/JV football at Ketchum 6:00 pm

Tuesday, October 23

MENU: Breakfast: Pancake on a stick, syrup, fruit juice and milk
Lunch: Taco soup, whole grain corn tortilla chips, fresh broccoli, fat free ranch dressing, canned fruit (9-12) and milk

ACTIVITIES:

CMS: "Drugs kill dreams" Wear pj pants & slippers (no other sleepwear will be allowed)
CHS: "Be Smart ... Don't Start" Wear Red Ribbon bracelet, get smarties

Wednesday, October 24

MENU: Breakfast: Muffins, yogurt, fruit juice and milk
Lunch: Beef & noodles, mashed potatoes, fresh baby carrots, fat free ranch dressing, blueberry oat muffin (6-12), pineapple tidbits, fruit juice (9-12) and milk

ACTIVITIES:

CMS: "Don't be a nerd, BE DRUG FREE!" Dress up like a nerd
Welch 6th Grade BB Tournament tbd
CHS: "Don't let drugs twist your mind" Wear bracelet, get twizzlers

Thursday, October 25

MENU: Breakfast: Whole grain breakfast bagel, fruit juice and milk
Lunch: Chicken quesadilla, salsa and whole grain corn tortilla chips, refried beans, orange wedges, canned fruit (9-12) and milk

ACTIVITIES:

CMS: "Don't get STUCK on drugs!" Decorate clothes with duct tape
CHS: Don't be a dummy ... say NO to drugs" Wear RED, get Dum Dum sucker

Friday, October 26

MENU: Breakfast: Biscuit with sausage gravy, fruit juice and milk
Lunch: Cowboy cavatina, tossed salad with romaine, green beans, whole wheat roll & jelly (9-12), cantaloupe, fruit juice (9-12) and milk

ACTIVITIES:

AES: 3rd Grade to George Washington Carver National Monument Leave 8:30 am Return 2:45 pm
CMS: "Live a long life ...drug free!" Dress like senior citizens
CHS: "Drinking & Driving is no laughing matter" Wear bracelet, get laughy taffy
Football vs Colcord 7:00 pm

Saturday, October 27

CMS: Welch 6th Grade Basketball Tournament tbd
CHS: 5th Annual Tiger Speech Classic 9:00 am