



**Commerce Public Schools
Weekly Bulletin
October 24 - 29, 2011**



Red Ribbon Week

Monday, October 24

MENU: Breakfast: PBJ Sandwich, juice and milk
Lunch: Whole grain pizza, golden corn, salad bar (AES: sliced pears & molasses cookie)
(CMS/CHS: strawberry shortcake) and milk

ACTIVITIES:

CMS: "Drugs give me the BLUES" (Wear blue and support CMS)
Pep Assembly 10:30 am
Welch 6th Grade Basketball Tournament CMS vs Bluejacket G/4:00 B/5:00
CMS/CHS: MS/JV Football vs Ketchum 6:00 pm
CHS: DEAD DAY

Tuesday, October 25

MENU: Breakfast: Dry cereal, scoobie graham, fruit and milk
Lunch: Chicken fajita, spanish rice, salsa, chili beans, salad bar, peaches and milk

ACTIVITIES:

CMS: "Drugs kill dreams" Wear pajama pants & slippers (NO other sleepwear)
CHS: "Be Smart ... don't start" Red Ribbon bracelets passed out today

Wednesday, October 26

MENU: Breakfast: Biscuit sandwich, juice and milk
Lunch: AES: Cheese nacho's, refried beans, salsa, salad bar, gogort, fresh apple wedges and milk
CMS/CHS: Chili cheese nacho's, refried beans, salsa, salad bar, fresh apple wedges and milk

ACTIVITIES:

CMS: "Don't be a nerd, BE DRUG FREE!" Students may dress up like a nerd
Welch 6th Grade Basketball Tournament TBD
CHS: "Don't let drugs twist your mind" Pledge Day: Signing a Contract for Life

Thursday, October 27

MENU: Breakfast: Pancake on stick, syrup, chilled fruit and milk
Lunch: Chicken alfredo over pasta, tossed salad, cheesy broccoli, slice of french bread, jello and milk

ACTIVITIES:

CMS: "Friends don't let friends do drugs" Students & their friends may dress alike
CHS: "Don't be a dummy ... Say NO to drugs" Wear RED today

Friday, October 28

MENU: Breakfast: Sausage gravy and biscuit, juice and milk
Lunch: Deli sub sandwich, vegetable soup, dill pickle wedge, salad bar, mandarin oranges and milk

ACTIVITIES:

CMS: DEAD DAY
CHS: "Drinking & Driving is no laughing matter" wear you bracelet today
Senior Panel Pictures 10:30
Football at Kansas 7:00 pm

Saturday, October 29

CMS: Welch 6th Grade Basketball Tournament TBD
CHS: Speech & Debate Tournament 8:00 am - 5:00 pm