



Commerce Public Schools
Weekly Bulletin
October 28 - November 3, 2013



CHS RED RIBBON WEEK

Monday, October 28

MENU: Breakfast: French Toast Sticks w/syrup, Fruit Juice and Milk
Lunch: Whole Grain Corn Dog, Garden Spinach Salad, Seasoned Peas, Fat Free Ranch Dressing, Apple Wedges, Canned Fruit (9-12) and Milk

ACTIVITIES:

CMS: Football vs. Ketchum at 6:00 pm
Welch 6th Grade Basketball Tournament vs. S. Coffeyville 4:30 pm (girls followed by boys)
CHS: **DEAD DAY** (Red Ribbon pencils will be passed out)

Tuesday, October 29

MENU: Breakfast: Whole Wheat Bagel w/toppings, Yogurt, Fruit Juice and Milk
Lunch: Chicken Quesadilla, Salsa and Whole Grain Corn Tortilla Chips, Refried Beans, Mandarin Oranges, Fruit Juice (9-12) and Milk

ACTIVITIES:

CHS: Veteran's Day Meeting (Knight, Buttram, Dunn, Greene) 7:45 am
Speech Club Meeting 7:50 am and 3:05 pm
"BE SMART...don't start" (Wear RED day)

Wednesday, October 30

MENU: Breakfast: Breakfast Pizza, Fruit Juice and Milk
Lunch: Cowboy Cavatina, Tossed Salad w/Romaine, Green Beans, Whole Wheat Roll & Jelly (6-12), Fresh Banana, Canned Fruit (9-12) and Milk

ACTIVITIES:

CMS: Welch 6th Grade Basketball Tournament TBD
CHS: Spanish Club 7:45 am or 3:05 pm
"DON'T LET DRUGS TWIST YOUR MIND" (Pledge Day)

Thursday, October 31
Halloween

MENU: Breakfast: Bug Bites, Whole Grain Cereal, 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:

AES: *Halloween* Parties – Parade begins at 1:00 pm
CHS: Josten Reps. to visit with Seniors (announcement) at 8:30 am and Soph. (class rings) at 9:20 am
Band will play for the Disabled Veteran Deer Hunt 9:00 am
"HEY JACK! DON'T BE A DUMMY...say NO to drugs" (Dress as your favorite Robertson from Duck Dynasty)

Friday, November 1

MENU: Breakfast: Biscuit with Sausage Gravy, Fruit Juice and Milk
Lunch: Taco Soup, Whole Grain Corn Chips, Fresh Broccoli w/Fat Free Ranch Dressing, Sliced Pears, Snicker Doodle Cookie, Fresh Fruit (9-12) and Milk

ACTIVITIES:

CHS: **"DRINKING & DRIVING IS NO LAUGHING MATTER"** (Show your support for a drug free school & your school spirit today by wearing blue & white Varsity Football at Colcord 7:00 pm)

Saturday, November 2

CMS: Welch 6th Grade Basketball Tournament TBD

Sunday, November 3

Daylight Savings Time (Set your clock back 1 hour)