



Commerce Public Schools Weekly Bulletin October 29 - Nov. 4



Monday, October 29

MENU: Breakfast: Breakfast pizza, fruit juice and milk
Lunch: Pork rib on a whole grain bun, dark green leaf lettuce & tomato, tri tator, green beans, mandarin oranges, cherry crisp (6-12) and choice of milk

ACTIVITIES:

CMS: Quapaw 6th Grade Basketball Tourn. CMS vs Welch 5th (G 5:00 pm
B 6:00 pm) New Gym
CHS: US Army - SSgt Rogers will set up in cafeteria during lunches

Tuesday, October 30

MENU: Breakfast: Scrambled eggs, toast, fruit juice and milk
Lunch: Lasagna, garden spinach salad, whole grain french garlic bread, apple wedges, tomato wedge (9-12), fruit juice (9-12) and choice of milk

ACTIVITIES:

CMS: Quapaw 6th Grade Basketball Tourn. CMS vs Wyandotte (G 6:30 pm
B 7:15 pm) New Gym
CHS: Band Bonfire 6:00 pm - 9:00 pm

Wednesday, Oct. 31
Halloween

MENU: Breakfast: Cereal with whole grain toast and jelly, fruit juice & milk
Lunch: Roasted chicken, savory rice, fresh broccoli, corn, oatmeal roll, sliced peaches, fresh fruit (9-12) and choice of milk

ACTIVITIES:

AES: Halloween Parties Parade begins at 1:00 pm

Thursday, November 1

MENU: Breakfast: Cini mini, oatmeal, fruit juice and milk
Lunch: Chicken tetrazzini, tossed salad with romaine, steamed carrots, whole grain breadstick, strawberries, fruit juice (9-12) and choice of milk

ACTIVITIES:

CHS: NEO Academic Tournament
Pep Assembly 2:45 pm
Football Booster Club Annual Chili Feed in cafeteria (5 - 7 pm)
Senior Night 6:30 pm
Varsity Football vs Quapaw 7:00 pm

Friday, November 2

MENU: Breakfast: Biscuit with sausage gravy, fruit juice and milk
Lunch: Sloppy joe on a whole grain bun, whole grain chips (9-12), sweet potato puffs, baked beans, fresh grapes, chilled fruit (9-12) and choice of milk

Saturday, November 3

CMS: Quapaw 6th Grade Basketball Tournament tbd
CHS: State STUCO Conference in Pryor

Sunday, November 4

Daylight Savings Time - Set your clocks back 1 hour