



*Commerce Public Schools*  
*Weekly Bulletin*  
*October 7 - 11, 2013*



**Support Personnel Week**

Monday, October 7

MENU: Breakfast: Whole Grain Cereal, Muffin, Fruit Juice and Milk  
Lunch: Hamburger on a Bun, Dark Green Leaf Lettuce & Tomato, Sweet Potato Fries, Fruit Cocktail, Rice Crispy Bar, Fresh Fruit (9-12) and Choice of Milk

ACTIVITIES:

CMS: Football vs. Wyandotte 6:30 pm

Tuesday, October 8

MENU: Breakfast: Cheese Omelet, Whole Grain Toast, Fruit Juice and Milk  
Lunch: Chicken Nuggets, Mashed Potatoes with Gravy, Green Beans, Wheat Roll and Jelly (6-12), Strawberries & Bananas, Fruit Juice (9-12) and Choice of Milk

Wednesday, October 9

MENU: Breakfast: Whole Grain Cinnamon Roll, Fruit Juice and Milk  
Lunch: Chili, Whole Grain Corn Chips, Celery & Cucumbers, Rosy Applesauce, Whole Grain Oatmeal Cookie, Fresh Fruit (9-12) and Choice of Milk

ACTIVITIES:

CHS: FCA Meeting 7:50 am

Thursday, October 10

MENU: Breakfast: French Toast Sticks w/Syrup, Fruit Juice and Milk  
Lunch: Baked Ham, Baked Beans, Fresh Broccoli w/Fat Free Ranch Dressing, Whole Grain Biscuit & Jelly, Orange Smiles, Fruit (9-12) and Choice of Milk

ACTIVITIES:

CMS/CHS: Fall TSA Leadership Conference

CHS: NHS Meeting 7:50 am (Library)

PLAN Test – All Sophomores (1<sup>st</sup> – 4<sup>th</sup> hours)

Friday, October 11

End of 1<sup>st</sup> Quarter

MENU: Breakfast: Biscuit with Sausage Gravy, Fruit Juice and Milk  
Lunch: Macaroni & Cheese, Meat Balls, Seasoned Peas, Fresh Baby Carrots, Whole Wheat Roll & Jelly (9-12), Apple Wedges, Fruit Juice (9-12) and Choice of Milk

ACTIVITIES:

CHS: Football at Hulbert 7:00

Saturday, October 12

Columbus Day