



*Commerce Public Schools
Weekly Bulletin
November 4 - 9, 2013*



Monday, November 4

MENU: Breakfast: Whole Grain Cereal, String Cheese, Fruit Juice and Milk
Lunch: Pork Rib on a Whole Grain Bun, Dark Green Leaf Lettuce & Tomato, Sweet Potato Puffs, Baked Beans, Mandarin Oranges, Fresh Fruit (9-12) and Milk

ACTIVITIES:

CMS: Quapaw 6th Grade Basketball Tournament 7:00 pm
CHS: STUCO State in Bixby

Tuesday, November 5

MENU: Breakfast: Breakfast Sandwich, Fruit Juice and milk
Lunch: Hamburger Patties w/Brown Gravy, Mashed Potatoes, Green Beans, Whole Grain Hot Roll, Rosy Applesauce, Chilled Fruit Juice (9-12) and Milk

ACTIVITIES:

CMS: Quapaw 6th Grade Basketball Tournament TBD
CHS: Josten Orders – 8:30 am

Wednesday, November 6

MENU: Breakfast: Waffles w/Syrup, Sausage Link, Fruit Juice and Milk
Lunch: Chicken Tetrazzini, Tossed Salad w/Romaine, Steamed Carrots, Whole Grain Bread Stick, Fresh Strawberries, Chilled Fruit (9-12) and milk

ACTIVITIES:

CHS: Vote For Ms. Merry Christmas during English Classes
RSU College Rep. Megan Parks at 12:25 pm

Thursday, November 7

MENU: Breakfast: Whole Grain Cereal, Pop Tart, Fruit Juice and Milk
Lunch: Chicken Rings (PK-5), Sweet and Sour Pork (6-12), Savory Rice, Steamed Broccoli, Oatmeal Roll, Sliced Peaches, Fruit Juice (9-12) and Milk

ACTIVITIES:

CHS: NHS Meeting (Library) 7:50 am
Varsity Football at Quapaw 7:00 pm

Friday, November 8

MENU: Breakfast: Biscuit with Sausage Gravy, Fruit Juice and Milk
Lunch: Sloppy Joe on a Whole Grain Bun, Seasoned Fries, Baby Carrots and Fresh Broccoli w/Fat Free Ranch Dressing, Fresh Grapes, Canned Fruit (9-12) and Milk

Saturday, November 9

CMS: Quapaw 6th Grade Basketball Tournament

OKC Thunder Tickets

Buy a Chance for 2 Oklahoma City Thunder Basketball Tickets for a game during the 2013-2014 Season

Chances \$1.00 a piece or 6 for \$5.00

Purchase chances at any Commerce Public School Office

Benefit Raffle for the Family of Debbie Cook