



Commerce Public Schools
Weekly Bulletin
November 18 - 23, 2013



Monday, November 18

MENU: Breakfast: French toast Sticks w/Syrup, Fruit Juice and Milk
Lunch: **Oklahoma Native American Day**; Indian Taco's w/Shredded Cheese, Lettuce & Tomato, Pinto Beans, Salsa, Chilled Sliced Pears, Fruit (9-12) and Milk

ACTIVITIES:

CMS: Quapaw 8th Grade Basketball Tournament (Girls vs Bluejacket @ 5:00 pm, Boys follow vs Bluejacket)
CHS: Art Club Meeting (Art Room) 7:45 am

Tuesday, November 19

MENU: Breakfast: Cheese Omelet, Whole Grain Toast, Fruit Juice and Milk
Lunch: Chicken Nuggets, Potatoes Au Gratin, Seasoned Green Peas, Biscuit w/Jelly, Strawberries & Bananas, Fruit Juice (9-12) and Milk

ACTIVITIES:

CMS: Quapaw 8th Grade Basketball Tournament 5:00 pm
CHS: Science Club Meeting 7:50 am

Wednesday, November 20

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

ACTIVITIES:

CHS: FCA (Mr. Rhodes Room) 7:45 am

Thursday, November 21

MENU: Breakfast: Whole Grain Cereal, Muffin, Fruit Juice and Milk
Lunch: Turkey Gravy (pk-5), Sliced Turkey w/Gravy (6-12), Mashed Potatoes, Seasoned Green Beans, Whole Grain Roll, Cranberry Sauce, Pumpkin Pie w/Whipped Topping, Canned Fruit and Milk

ACTIVITIES:

CMS: Quapaw 8th Grade Basketball Tournament TBD
CHS: Bonfire 6:00 pm

Friday, November 22

MENU: Breakfast: Biscuit with Sausage Gravy, Fruit Juice and Milk
Lunch: Hamburger on a Bun, Dark Green Leaf Lettuce & Tomato, Sweet Potato Fries, Fruit Cocktail, Fresh Fruit (9-12) and Milk

ACTIVITIES:

CMS: Top Tiger Lunch 11:00 – 12:00
CHS: Spanish Club Meeting 7:45 am or 3:05 pm
2nd Round Football Playoff Game 7:30 pm

Saturday, November 23

CHS: Alumni/Supporter Basketball Game – Registration is 5:30 pm