



**Commerce Public Schools
Weekly Bulletin
November 28 - December 2, 2011**



- Monday, November 28** MENU: Breakfast: PBJ sandwich, juice and milk
Lunch: Whole grain pizza, golden corn, salad bar, sliced pears, oatmeal cookie and milk
- ACTIVITIES:** CMS/CHS: Basketball vs Fairland (7G-7B-9G-9B) 4:30 pm
- Tuesday, November 29** MENU: Breakfast: Dry cereal, scoobie graham fruit and milk
Lunch: Chicken alfredo over pasta, tossed salad, cheesy broccoli, slice of french bread, jello and milk
- ACTIVITIES:** CHS: Basketball vs Afton 6:30 pm
- Wednesday, Nov. 30** MENU: Breakfast: Biscuit sandwich, juice and milk
Lunch: Chili cheese nacho's, refried beans, salsa, salad bar, fresh apple slices and milk
- Thursday, December 1** MENU: Breakfast: Pancake on stick, syrup, fruit and milk
Lunch: Pork chop patty mashed potatoes with gravy, seasoned green beans, salad bar, hot roll and milk
- ACTIVITIES:** CMS: Basketball vs Bluejacket (7G-8G-8B) 5:30 pm
- Friday, December 2** MENU: Breakfast: Sausage gravy and biscuit, juice and milk
Lunch: Grilled cheese sandwich, chicken noodle soup, pickle wedge, salad bar, chilled mandarin oranges and milk
- ACTIVITIES:** CHS: Basketball at Welch 6:30 pm
- Saturday, December 3** Area Christmas Parades:
Quapaw - Noon Commerce - 3:30 Miami - 6:00