



*Commerce Public Schools
Weekly Bulletin
December 2 - 7, 2013*



Monday, December 2

MENU: Breakfast: Cereal, Scoobie Graham, Fruit Juice, and Milk
Lunch: Beef & Bean Burrito, Romaine & Tomato, Corn, Salsa and Whole Grain Tortilla Chips, Spiced Apples, Fruit Juice (9-12), and Milk

ACTIVITIES:

CHS: Art Club Meeting 7:45 am

Tuesday, December 3

MENU: Breakfast: Pillsbury Sunrise Breakfast, Fruit Juice and Milk
Lunch: Steak Fingers, Mashed Potatoes & Gravy, Seasoned Green Beans, Whole Grain Biscuit & Jelly, Fresh Banana, Canned Fruit (9-12) and Milk

ACTIVITIES:

CHS: NEO College Rep. Ryan Mooney 12:25 pm
Welch Varsity Basketball Tournament 7:00 pm Girls vs Foyil, Boys to Follow vs Foyil
CPS: Professional Development Committee Meeting 8:15 am

Wednesday, December 4

MENU: Breakfast: Pancake on a Stick/w Syrup, Fruit Juice and Milk
Lunch: BBQ Pork on a Whole Grain Bun, Sweet Potato Puffs, Baked Beans, Orange Smiles, Canned Fruit (9-12), Pumpkin Bars (9-12) and Milk

ACTIVITIES:

CMS: 6G-6B Basketball @ Quapaw 12:00 pm

Thursday, December 5

MENU: Breakfast: Cini Mini, Oatmeal, Fruit Juice, and Milk
Lunch: Chicken Alfredo with a Twist, Steamed Broccoli, Garden Spinach Salad, Whole Grain Bread Stick, Mandarin Oranges, Fresh Fruit (9-12), and Milk

ACTIVITIES:

AES: Pictures with Santa – Kindergarten
CHS: NHS Meeting 7:50 am (Library)
Welch Varsity Basketball Tournament 7:00 pm Girls vs Welch, Boys to Follow vs Welch

Friday, December 6

MENU: Breakfast: Sausage Gravy with Biscuit, Fruit Juice and Milk
Lunch: Hot Ham & Cheese on Whole Grain Bun, Dark Green Leaf Lettuce & Tomato, Oven Fries, Sliced Peaches, Fresh Fruit (9-12) and Milk

ACTIVITIES:

AES: Trash to Treasure Sale – Gym 1:30 pm

Saturday, December 7

CHS: Welch Varsity Basketball Tournament TBD

Area Christmas Parades:

Quapaw – Noon

Commerce – 3:00 pm

Miami – 6:00 pm