



**Commerce Public Schools
Weekly Bulletin
August 30 – Sept. 3, 2010**



Monday, August 30

**MENU: Breakfast: Jump Start breakfast with milk
Lunch: Corn Dog, smiley potatoes, chilled peaches, salad bar, oatmeal cookie and choice of milk**

ACTIVITIES:

CMS/CHS: Softball at Fairland (MS/V/JV) 4:00 pm

Tuesday, August 31

**MENU: Breakfast: Scrambled eggs with toast, fruit and milk
Lunch: Mac and cheese with little smokies, green beans, fruit mix, salad bar, hot roll and choice of milk**

ACTIVITIES:

**CHS: Softball vs Foyil 4:30 pm
Football Booster Club Meeting 6:00 pm**

Wednesday, Sept. 1

**MENU: Breakfast: Breakfast pizza, juice and milk
Lunch: Taco's, grated cheese, spanish rice, shredded lettuce, salsa, sliced pears and choice of milk**

ACTIVITIES:

**CMS: Vinita Softball Tournament TBD
CHS: Club Day - Morning**

Thursday, Sept. 2

**MENU: Breakfast: Waffle with sausage link, fruit and milk
Lunch: Chicken rings, mashed potatoes, sliced carrots, salad bar, biscuit, jello and choice of milk**

ACTIVITIES:

**CMS: Teachers Meeting - 7:45 am
Vinita Softball Tournament TBD
CMS/CHS: Softball vs Kansas (MS/V/JV) 4:00 pm
CHS: Blackout Assembly 8:00 pm**

Friday, Sept. 3

**MENU: Breakfast: Biscuit with sausage gravy, juice and milk
Lunch: BBQ rib patty on a bun, chips, baby carrots, salad bar, watermelon and cantaloupe and choice of milk**

ACTIVITIES:

**CMS: Fundraiser Ends!
Vinita Softball Tournament TBD
CHS: Football at Oklahoma Union 7:30 pm**

Saturday, Sept. 4

CMS: Vinita Softball TBD