



**Commerce Public Schools
Weekly Bulletin
September 27 - October 1, 2010**



Monday, Sept. 27

**MENU: Breakfast: Pancake on stick, syrup, juice and milk
Lunch: Pizza, buttered corn, salad bar, chilled fruit cocktail, cookie and choice of milk**

ACTIVITIES:

**CMS/CHS JV: Football vs Fairland 6:00 pm
CHS: Yearbook trip to RSU - Leave at 7:30 & return before 3:05
Upward Bound in English classes**

Tuesday, Sept. 28

**MENU: Breakfast: Cereal with scoobie, fruit and milk
Lunch: Beef and noodles, mashed potatoes, seasoned carrots, hot roll and choice of milk**

ACTIVITIES:

CHS: Football Booster Club Meeting 6:00 pm

Wednesday, Sept. 29

**MENU: Breakfast: Hormel breakfast bar with biscuit, juice and milk
Lunch: Chili dog, baked beans, salad bar, chilled mandarin oranges and choice of milk**

Thursday, Sept. 30

**MENU: Breakfast: Long john with cereal, fruit and milk
Lunch: Burrito, refried beans, Spanish rice, chilled peaches and choice of milk**

ACTIVITIES:

**AES: Red Wheel Delivered - 3:00 pm to 6:00 pm
CHS: College Fair (Seniors) 9:00 am to 11:00 am
Softball Regional TBA**

Friday, October 1

**MENU: Breakfast: Sausage gravy and biscuit, juice and milk
Lunch: Deli sub sandwich, lettuce and tomato, pickle wedges, chips, sliced strawberries with yellow cake and choice of milk**

ACTIVITIES:

**CHS: Softball Regional TBA
Football vs Colcord 7:30 pm**

Saturday, October 2

**CHS: Softball Regional TBA
State Cheer Competition at Skiatook - noon**