

Regular Schedule	
6:25-7:50	0 period
8:00-9:25	1 st /5 th period
9:30-10:55	2 nd /6 th period
11:00-11:30	Lunch A
11:35 -1:00	3rd/7th period
11:00-11:45	3 rd /7 th period
11:50-12:20	Lunch B
12:25-1:00	3 rd /7 th period
11:00-12:25	3rd/7th period
12:30-1:00	Lunch C
1:05-2:30	4 th /8 th period
2:35-4:00	9 th /10 th period

THE "DOG DISH"

FRIDAY, SEPTEMBER 22, 2017

GREEN DAY



WEEKLY BELL SCHEDULE 09/18-09/22	
Monday	Green Day
Tuesday	White Day
Wednesday	Advisory Green Day
Thursday	White Day
Friday	Green Day

NEWS UPDATES

Clubs

- **Key Club meets every Wednesday in the auditorium at 7:30 am. Everyone is welcome to join us.**
- **Earth club is meeting every Friday after school in NM308! Join us!**
- **Gaming club has its first meeting of the year Today! Bring your MTG cards and what ever games you want to play. We meet in FA-6 after school.**
- **Like to read; talk about books and promote reading? SLAB (student Library Advisory Board) is the club for you! SLAB meets the 1st and 3rd Wednesday of each month after school in the library. Our first meeting is September 20th. Hope to see you there!**
- **The first Poetry club meeting will be held on Monday, September 25th. Please consider joining! Poetry club will meet every Monday in OM204 from 2:40-3:30.**

Skagina

- **Skagina needs your summer vacation photos for the yearbook. Please send them to skagina@mvsd320.org**
- **Do you wish you got a yearbook last year? Good news. Skagina has extras and they are on sale for \$50 at the ASB office. That's a \$25 savings over last year! Get one soon before they are gone!**

Weight Room & Field house

The weight room will be open Monday, Wednesday and Thursday from 6:45-7:45. Then it will be open after school on Tuesday and Thursday from 2:45-4:00pm.

Career Center

The College and Career Center has a new website. Stay up to date on college and career information by visiting www.mvhscollegecareer.weebly.com

Juniors and Seniors: the following reps will be at MVHS. Pacific Lutheran University Tuesday, September 26th 10:30 AM. Washington State University Wednesday, September 27th 11:00AM. Corban University Friday, September 29th 1:00 PM. Sign up in the College and Career Center with Mrs. Bird

Seniors:

Are you planning on attending WSU? WSU Regent Scholars Program is available. Learn more by visiting www.admission.wsu.edu/scholarships/scholarship-awards/regents/ and talk to your counselor about a nomination.

Comcast Leadership Scholarship nominations are open. Visit <http://mvhscollegecareer.weebly.com/comcast-nomination.html> to learn more.

Financial Aid Night at MVHS will be October 24th @ 6PM. Sign up online at <http://mvhscollegecareer.weebly.com/financial-aid-workshop.html>

Juniors: Sign up to take the PSAT on Saturday Oct 14th at the ASB window with Mrs. Duncan. For more information visit <http://mvhscollegecareer.weebly.com/psat.html>

IMPORTANT PHONE NUMBERS FOR THE HIGH SCHOOL

Main Office: 428-6100 **Fax:** 428-6152 **Counseling Office:** 428-6156 **Fax:** 428-6157
Attendance: 428-6153 **Fax:** 428-6201 **Athletic Office:** 428-6191 **Fax:** 428-6192
ASB: 428-6174 **Fax:** 428-6192 **CTE:** Fax 428-6143

Mount Vernon High School Café Lunch Menu



Meal Prices

Student: Paid	\$3.00
Student: Reduced	\$0.40
Adult: Guest	\$4.00
Milk	\$0.50

Complete your meal with choice of fresh veggies, fruit and milk!

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwiches & Pizza	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Variety of Gourmet Pizza Choices
Grill	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips
WRAPS	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP
Special	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
Salad Bar	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available

This institution is an equal opportunity provider and employer. Menu subject to change without notice.
Questions? Call David Connors, Food Service Director, at (360) 428-6149.