

Regular Schedule	
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	3 rd /7 th 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	3 rd /7 th 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"

TUESDAY, JANUARY 16, 2018

GREEN DAY



WEEKLY BELL SCHEDULE 1/15-1/19	
Monday	No School
Tuesday	Green
Wednesday	Advisory White Day
Thursday	Green Day
Friday	White Day

NEWS UPDATES

PARKING

Students and staff. A reminder of parking lot rules. Students who have a GREEN background on their permit are to park in the North lot near New Main. If you have a WHITE background on your permit, you are to park in the South lot near the Gym. If you do not have a permit and choose to park on campus, you will be ticketed, booted, or possibly towed. Also, we ask that all staff park in the Gym lot.

College & Career Center

New Scholarships are posted on the online Scholarship Bulletin regularly. Check the website often, or stop by the College and Career Center to learn more.

<https://mvhscollegecareer.weebly.com/paying-for-college.html>

SENIORS

- ✚ Culminating Project Portfolios are due February 23rd. Portfolio workshops will be help Wednesdays after school in NM 203 if you need help. All seniors must complete the project to graduate!
- ✚ There will be a Financial Aid Workshop on January 25 during all lunches in the library. Now's the time to finish your FAFSA or WASFA. Don't wait!

Athletics

Everyone interested in football next year see Coach Vasilchek in NM 202, 1st/2nd, or 5th/6th periods, or email him at nvasilchek@mvsd320.org

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

MVHS EVENTS!

- Are you an MVHS Super Fan? Show your school spirit by downloading the app from any app store. Check in to events, collect points and move up on the leaderboard. You never know what other rewards might be in store for you. Use your school email to register so we can battle it out between classes too! Go Bulldogs!
- The Poetry Out Loud school competition will be held Thursday, January 19th in the Auditorium. This event begins at 6:00pm. Please come and cheer on your classmates as they recite poems from memory!

Skagina

Yearbook orders must be placed by January 31st and have less than 50% balance due if students are on a payment plan. Ordering a book is the only way to guarantee a copy for your student(s).

Clubs!

- Earth club is meeting every Friday after school in NM308! Join us!
- (Student Library Advisory Board) meets 1st and 3rd Wednesday of each month in the library.
- Writing club, come join us every Monday in OM204 from 2:40-3:30!
- Avid Club will be meeting on Mondays! Join us at 2:40 in OM104.
- Come to FCCLA every Thursday at 2:45 in NM321.

January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1-Jan	2-Jan	3-Jan	4-Jan	5-Jan
	Popcorn Chicken	Calzones	Nachos	Grilled Cheese
	Breadstick	Caesar Side Salad	w/Beef Taco Meat & Cheese Sauce	Tomato Soup
	Salad & Fruit Bar	Salad & Fruit Bar	Salsa	Salad & Fruit Bar
NO SCHOOL!	Nonfat & 1% Milk	Nonfat & 1% Milk	Salad & Fruit Bar	Nonfat Chocolate Milk
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
Teriyaki Chicken	Mini Burgers	Chicken Alfredo	Spicy Chicken Burger	Calzones
with Brown Rice	Potato Wedges	Garlic Bread/Broccoli	With Fries	Caesar Side Salad
Sliced Pears/Broccoli	Salad & Fruit Bar	Salad & Fruit Bar		Salad & Fruit Bar
Salad & Fruit Bar	Nonfat & 1% Milk	Nonfat & 1% Milk	Salad & Fruit Bar	Nonfat Chocolate Milk
Nonfat & 1% Milk			Nonfat & 1% Milk	
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
	Enchiladas	French Bread Pizza	French Dip Sandwich	Mac & Cheese
NO SCHOOL!	Tortills Chips	Caesar Side Salad	Potato Smiles	Breadstick
Martin Luther King Jr. Day	Diced Pears	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar
	Salad & Fruit Bar	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat Chocolate Milk
	Nonfat & 1% Milk			
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
Mandarin Orange Chicken	BBQ Pulled Pork Sandwich	Lasagna Roll-Ups	Beefy Taco Salad	
with Brown Rice	Sweet Corn	Garlic Bread	Goldfish Crackers	
Sliced Pears/Broccoli	Salad & Fruit Bar	Salad & Fruit Bar	Mixed fruit	NO SCHOOL!
Salad & Fruit Bar	Nonfat & 1% Milk	Nonfat & 1% Milk	Salad & Fruit Bar	
Nonfat & 1% Milk			Nonfat & 1% Milk	
29-Jan	30-Jan	31-Jan	1-Feb	2-Feb
Teriyaki Beef Dippers	Mini Burgers	Spaghetti w/ Meatsauce		
Steamed Brown Rice	Potato Wedges	Whole Wheat Roll		
Broccoli	Salad & Fruit Bar	Salad & Fruit Bar		
Salad & Fruit Bar	Nonfat & 1% Milk	Nonfat & 1% Milk		
Nonfat & 1% Milk				

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

\$\$\$ Student Lunch News \$\$\$

Please note: Balances carry over from last year, even if you have changed school sites in the Mount Vernon School District.

Please be aware of your student's lunch account balance. Applications for free and reduced lunches are located in the school office and the Food Service office. **We appreciate your attention!**