

Advisory Schedule	
8:00-9:15	1 st /5 th period
9:20-9:50	Advisory
9:55-11:10	2 nd /6 th period
11:15-11:45	Lunch A
11:50 -1:10	3 rd /7 th period
11:15-12:35	3 rd /7 th period
12:40-1:10	Lunch B
1:15-2:30	4 th /8 th period
2:35-4:00	9 th /10 th period

The Daily Bulletin

Wednesday, October 23st

Green Day



Weekly Bell Schedule October 21-25	
Monday	Green
Tuesday	White
Wednesday	Green-Advisory
Thursday	White
Friday	Green-Early Release

NEWS UPDATES

Juniors and Seniors:

This week the following colleges will be in the College and Career Center: Today: Portland State and University of Montana. Stop by and pick up a pass! Don't miss this great opportunity to speak with College Reps!

Halloween Blood Drive Hosted by FCCLA

Sign-ups for FCCLA's annual blood drive will be happening during lunches. All the blood donated goes directly back to our community! Hope to see you there!

Yearbook Baby Ads and Senior Portraits

Yearbook Baby Ads for seniors are on sale now. Early bird pricing is \$50 for 1/4 page and \$100 for 1/2 page if ordered by November 15th.

Senior Portraits are due November 1st.

Check the MVHS Website to upload your photos.

Attention Future Softball Players

There is a parent/player meeting on November 7th at 6PM in G5. We look forward to you meeting the new coaching staff.

Attention Seniors: Need help with your college applications?

Stop by the College and Career Center this Friday during both lunches for a college application workshop!

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

Juniors! Do you want to go to college but aren't sure where to start?

Consider joining the College Success Foundation Achievers Scholars Program. As an Achiever, you will receive group and one-on-one guidance on determining your college fit, exploring career fields, applying for college, and navigating the scholarship search. You'll also have the opportunity to participate in college visits and our 3-day overnight ACE program at a college campus this summer. The final deadline for applications is Friday, November 15th - stop by the College and Career Center and chat with Ashley Barnes, College Prep Advisor, to learn more!

The Mount Vernon School District does not discriminate in employment, programs, or activities on the basis of age, race, color, national origin, creed, religion, sex, sexual orientation, gender expression, gender identity, honorably discharged veteran or military status, or the presence of any sensory, mental or physical disability or use of a trained guide dog or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX/Civil Rights Compliance Coordinator, Bill Nutting, Assistant Superintendent, 124 E. Lawrence Street, Mount Vernon, WA 98273 (360)428-6110; Section 504/ADA Coordinator, Clint Carlton, Director of Special and Support Services, 920 S. Second Street, Mount Vernon, WA 98273, (360)428-6141.



Special

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
30-Sep Variety Pizza Caesar Salad/Rice Mini Treat Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	1-Oct Buffalo Bites French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	2-Oct Penne Pasta w/ Meatsauce Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	3-Oct Hot Ham and Cheese Sands Oven Baked Cheetos Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	4-Oct Sweet and Sour Chicken Steamed Rice/ Broccoli Salad & Fruit Bar Fortune Cookie Nonfat Chocolate Milk
7-Oct Teriyaki Dippers Steamed Rice/Broccoli Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	8-Oct Teriyaki Burger Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	9-Oct Chicken Alfredo Garlic Bread Green Beans Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	10-Oct Chicken Strips Fries Salad & Fruit Nonfat & 1% Milk Nonfat Chocolate Milk	11-Oct French Bread Pizza Caesar Salad/ Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
14-Oct Cheese Stuffed Breadsticks Marinara Dipping Sauce Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	15-Oct Cheesy Ham and Potato Soup Roll Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	16-Oct Spicy Chicken Burger French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	17-Oct Popcorn Chicken Oven Baked Cheetos Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	18-Oct Pepperoni Pizza Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
21-Oct Mandarin Orange Chicken Steamed Rice/Broccoli Salad & Fruit Bar Nonfat & 1% Milk Fortune Cookie Nonfat Chocolate Milk	22-Oct Chicken Bacon Ranch Burger Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	23-Oct Grilled Cheese Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	24-Oct Smothered Burritos With Tortilla Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	25-Oct Variety Pizza Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
28-Oct Teriyaki Chicken Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	29-Oct Breakfast for Lunch Mini Pancakes & Sausage Links Sakuma blueberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	30-Oct Buffalo Balls French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	31-Oct Ooey-Gooey Beefy Mac Garlic Bread Frosted Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	1-Nov French Pizza Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk

Each lunch comes complete with salad bar or fresh vegetable, choice of fresh fruit, and milk!

Meal Prices:

Elementary Breakfast	No Charge
Elementary Lunch	\$2.75
Reduced Price Lunch	\$0.40
Adult Lunch	\$4.00
Milk	\$0.50

TASTE WASHINGTON DAY

Taste Washington Day is a great way to sample fruits and veggies grown locally in Washington state. This celebration is sponsored by The Washington School Nutrition Association (WSNA) and Washington State Department of Agriculture.

Be sure to join us Wednesday, October 15th as we highlight

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.