

| Green/White Schedule |   |
|----------------------|---|
| 8:00 – 9:25          | 1 <sup>st</sup> /5 <sup>th</sup> Period     |
| 9:30 – 10:55         | 2 <sup>nd</sup> /6 <sup>th</sup> Period     |
| <b>11:00 – 11:30</b> | <b>Lunch A</b>                              |
| <b>11:35 – 1:00</b>  | <b>3<sup>rd</sup>/7<sup>th</sup> Period</b> |
| 11:00 – 11:45        | 3 <sup>rd</sup> /7 <sup>th</sup> Period     |
| <b>11:50 – 12:20</b> | <b>Lunch B</b>                              |
| 12:25 – 1:00         | 3 <sup>rd</sup> /7 <sup>th</sup> Period     |
| 11:00 – 12:25        | 3 <sup>rd</sup> /7 <sup>th</sup> Period     |
| <b>12:30 – 1:00</b>  | <b>Lunch C</b>                              |
| 1:05 – 2:30          | 4 <sup>th</sup> /8 <sup>th</sup> Period     |
| 2:35 – 4:00          | 9 <sup>th</sup> /10 <sup>th</sup> Period    |

# The Daily Bulletin

## Tuesday, November 12<sup>th</sup>

### White Day



| Weekly Bell Schedule<br>November 11-15 |                |
|--|----------------|
| Monday                                 | No School      |
| Tuesday                                | White          |
| Wednesday                              | Green-Advisory |
| Thursday                               | White          |
| Friday                                 | Green          |

## NEWS UPDATES

### Attention Girls' Basketball Players!

All paperwork for the upcoming season must be turned in to the athletic office by Wednesday, November 13th. You must have a current physical and be cleared to play through the athletic office to play. Tryouts start on Monday, November 18th at 5 pm. If you have any questions, see Mrs. Clark in New Main 201

### Attention all students who would like to get in better physical shape.

Mr. Race will be holding conditioning workouts on Wednesday's starting November 20th. Everyone is welcome to join this "Wednesday Run Club". Talk to Mr. Race in Portable 3B for more information

### All players interested in boys' basketball

need to have all paperwork, physical completed, along with athletic fee paid before the first day of tryouts which begin Monday November 18th. We will meet in the field house on Monday Nov. 18 at 2:50 in turnout gear.

### 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 15<sup>th</sup> - stop by the College and Career Center and chat with Ashley Barnes, College Prep Advisor, to learn more!

# -----SENIORS-----

## 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 15<sup>th</sup>.



# Mount Vernon School District

## Growing Healthy Students!



| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| <b>Harvest of the Month: Broccoli!!!</b>   |  |  |   | <b>1-Nov</b>  |
| Join us November 5th and 19th as we enjoy local broccoli! Broccoli is a great source of vitamins K and C, a good source of folate (folic acid) and also provides potassium & fiber. A few lucky schools will have special guests in their cafeterias those days. Lets get excited about Broccoli!! |  |  |   | French Bread Pizza<br>Caesar Salad/Rice Krispy<br>Salad & Fruit Bar<br><b>Nonfat Chocolate Milk</b> |
| <b>4-Nov</b>   | <b>5-Nov</b>   | <b>6-Nov</b>   | <b>7-Nov</b>  | <b>8-Nov</b>  |
| Mandarin Orange<br>Steamed Rice/Steamed Broccoli<br>Fortune Cookie<br>Salad & Fruit Bar<br>Nonfat & 1% Milk<br><b>Nonfat Chocolate Milk</b>  | Hamburger<br>French Fries<br><br>Broccoli Salad<br>Salad & Fruit Bar<br>Nonfat & 1% Milk<br><b>Nonfat Chocolate Milk</b>             | Cheese Stuffed Breadsticks<br>marinara Sauce/ Caesar Salad<br>Salad & Fruit Bar<br>Nonfat & 1% Milk<br><b>Nonfat Chocolate Milk</b>                        | Smothered Burrito<br>Spanish Rice<br><br>Salad & Fruit Bar<br>Nonfat & 1% Milk<br><b>Nonfat Chocolate Milk</b>  | Variety Pizza<br>Caesar Salad/Rice Krispy<br><br>Salad & Fruit Bar<br><b>Nonfat Chocolate Milk</b>  |
| <b>11-Nov</b>  | <b>12-Nov</b>  | <b>13-Nov</b>  | <b>14-Nov</b>   | <b>15-Nov</b>   |
| No School!<br>Veterans Day   | Chicken Nuggets<br>French Fries<br><br>Salad & Fruit Bar<br>Nonfat & 1% Milk<br><b>Nonfat Chocolate Milk</b>                         | Ham and Cheese Sandwich<br>Oven Baked Cheetos<br>Salad & Fruit Bar<br>Nonfat & 1% Milk<br><b>Nonfat Chocolate Milk</b>                                     | Nachos<br>w/ Taco Meat<br>Cheese Sauce & Salsa<br>Black Beans & Corn<br>Salad & Fruit Bar<br>Nonfat & 1% Milk<br><b>Nonfat Chocolate Milk</b>                   | Pepperoni Pizza<br>Caesar Salad/Rice Krispy<br>Salad & Fruit Bar<br><b>Nonfat Chocolate Milk</b>    |
| <b>18-Nov</b>  | <b>19-Nov</b>  | <b>20-Nov</b>  | <b>21-Nov</b>   | <b>22-Nov</b>   |
| Beef Teriyaki Dippers<br>Egg Roll/Steamed Broccoli<br><br>Fortune Cookie<br>Mixed Fruit<br>Salad & Fruit Bar<br>Nonfat & 1% Milk<br><b>Nonfat Chocolate Milk</b>   | Crispy Chicken Burger<br>French Fries<br><br>Broccoli Salad<br>Salad & Fruit Bar<br>Nonfat & 1% Milk<br><b>Nonfat Chocolate Milk</b> | Breakfast for Lunch<br>Mini Pancakes & Sausage Link<br>Sakuma blueberries w/ whip<br>Salad & Fruit Bar<br>Nonfat & 1% Milk<br><b>Nonfat Chocolate Milk</b> | <b>Thanksgiving Meal</b><br>Turkey & Gravy<br><br>Mashed Potatoes<br>Roll/ Cranberries<br>Salad & Fruit Bar<br>Nonfat & 1% Milk<br><b>Nonfat Chocolate Milk</b> | Cheese Pizza<br>Caesar Salad/Rice Krispy<br><br>Salad & Fruit Bar<br><b>Nonfat Chocolate Milk</b>   |
| <b>25-Nov</b>  | <b>26-Nov</b>  | <b>27-Nov</b>  | <b>28-Nov</b>   | <b>29-Nov</b>   |
| Cheese Stuffed Breadsticks<br>Marinara Dipping Sauce<br>Caesar Salad<br>Salad & Fruit Bar<br>Nonfat & 1% Milk<br><b>Nonfat Chocolate Milk</b>  | Grilled Chicken Burger<br>French Fries<br><br>Salad & Fruit Bar<br>Nonfat & 1% Milk<br><b>Nonfat Chocolate Milk</b>                  | Pepperoni Pizza<br>Frosted Cookie<br>Caesar Salad<br>Salad & Fruit Bar<br><b>Nonfat Chocolate Milk</b>   | No School<br>Thanksgiving Break<br><br>                                    | No School<br>Thanksgiving Break   |

|                             |           |
|-----------------------------|-----------|
| Meal Prices:                |           |
| <b>Elementary Breakfast</b> | No Charge |
| <b>Elementary Lunch</b>     | \$2.75    |
| <b>Reduced Price Lunch</b>  | \$0.40    |
| <b>Adult Lunch</b>          | \$4.00    |
| <b>Milk</b>                 | \$0.50    |

**\$\$\$ 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!**