

Green/White 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 Daily Bulletin

Tuesday, November 19th

Green Day



Weekly Bell Schedule November 18-22	
Monday	White
Tuesday	Green
Wednesday	White-Advisory
Thursday	Green
Friday	White-Early Release

NEWS UPDATES

Christmas Fun Volunteer needed to:

- * answer phones and register families on the computer from November 11th-December 6th. Shifts available are 1-3 PM & 3-5 PM Monday-Friday at the Skagit County Fairgrounds. We need both English and Spanish speakers.
- * help distribute gifts on December 11th & 12th. Shifts available are 1:30-4 PM, 4-6 PM, & 6-8 PM at the Skagit County Fairgrounds. If you would like to volunteer, please call us at (360)419-7263. ***Santa says "THANKS" for your help!***

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

Picture retakes are in

Also, quite a few students have not picked up their original pictures! Please pick them up in the discipline office today!

Pizza with a Pro is back!

Beginning after Thanksgiving, join us in the College and Career Center to hear from career guest speakers while enjoying delicious pizza during lunch. Check out the schedule on the College and Career Center website. All grades welcome.

-----SENIORS-----


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.



Mount Vernon School District

Growing Healthy Students!



Monday	Tuesday	Wednesday	Thursday	Friday
Harvest of the Month: Broccoli!!!				1-Nov
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 Caesar Salad/Rice Krispy Salad & Fruit Bar Nonfat Chocolate Milk
4-Nov	5-Nov	6-Nov	7-Nov	8-Nov
Mandarin Orange Steamed Rice/Steamed Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Hamburger French Fries Broccoli Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Cheese Stuffed Breadsticks marinara Sauce/ Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Smothered Burrito Spanish Rice Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Variety Pizza Caesar Salad/Rice Krispy Salad & Fruit Bar Nonfat Chocolate Milk
11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
No School! Veterans Day	Chicken Nuggets French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Ham and Cheese Sandwich Oven Baked Cheetos Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Nachos w/ Taco Meat Cheese Sauce & Salsa Black Beans & Corn Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Pepperoni Pizza Caesar Salad/Rice Krispy Salad & Fruit Bar Nonfat Chocolate Milk
18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
Beef Teriyaki Dippers Egg Roll/Steamed Broccoli Fortune Cookie Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Crispy Chicken Burger French Fries Broccoli Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Breakfast for Lunch Mini Pancakes & Sausage Link Sakuma blueberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Thanksgiving Meal Turkey & Gravy Mashed Potatoes Roll/ Cranberries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Cheese Pizza Caesar Salad/Rice Krispy Salad & Fruit Bar Nonfat Chocolate Milk
25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
Cheese Stuffed Breadsticks Marinara Dipping Sauce Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Grilled Chicken Burger French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Pepperoni Pizza Frosted Cookie Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk	No School Thanksgiving Break 	No School Thanksgiving Break

Meal Prices:	
Elementary Breakfast	No Charge
Elementary Lunch	\$2.75
Reduced Price Lunch	\$0.40
Adult Lunch	\$4.00
Milk	\$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!