

Early Dismissal	
8:00 – 8:55	1 <sup>st</sup> /5 <sup>th</sup> Period
9:00 – 9:55	2 <sup>nd</sup> /6 <sup>th</sup> Period
<b>9:55 – 10:25</b>	<b>Lunch A</b>
10:30 – 11:30	3 <sup>rd</sup> /7 <sup>th</sup> Period
10:00 – 10:25	3 <sup>rd</sup> /7 <sup>th</sup> Period
<b>10:30 – 11:00</b>	<b>Lunch B</b>
11:05 – 11:30	3 <sup>rd</sup> /7 <sup>th</sup> Period
10:00 – 10:55	3 <sup>rd</sup> /7 <sup>th</sup> Period
<b>11:00 – 11:30</b>	<b>Lunch C</b>
11:35 – 12:30	4 <sup>th</sup> /8 <sup>th</sup> Period
12:35 – 1:30	9 <sup>th</sup> /10 <sup>th</sup> Period

# The Daily Bulletin

## Friday, November 22nd

### White Day



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

## NEWS UPDATES

### Come See "Who's Crazy Now?"

Ever wondered what happens to teachers when they leave school? Welcome to Sunnyvale Insane Asylum for crazy teachers! The play runs Wednesday, Nov 20 – Saturday, Nov 23 at 7pm each evening in the MVHS Auditorium. Tickets are \$5 for students and \$7 for adults. We hope to see you there!

### 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!**

### Social Justice Club is having a menstrual product drive starting today.

You may have seen their baskets in bathrooms around campus but they need your help to keep them full. If you would like to donate unused and still packaged pads, tampons, and/or liners please feed them to the menstrual product monster in the cafeteria. For more information contact Hannah Oliver, the club advisor at [holiver@mvsd320.org](mailto:holiver@mvsd320.org)

### 8 million metric tons of plastic goes into our oceans every year.

Come watch a dynamic presentation on what you can do to help solve this growing challenge to our environment during 6th period next Tuesday, November 26th. Local surfers, [Hans and Nick Schippers](#), have made it their mission to empower students with hope and practical solutions to the [plastic pollution epidemic](#). [Sign up](#) and pick up a field trip form with Mr. Dalvit in Old Main 301.

**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**-----



# 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 Caesar Salad/Rice Krispy Salad & Fruit Bar <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 Steamed Rice/Steamed Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Hamburger French Fries  Broccoli Salad Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Cheese Stuffed Breadsticks marinara Sauce/ Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Smothered Burrito Spanish Rice  Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Variety Pizza Caesar Salad/Rice Krispy  Salad & Fruit Bar <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! Veterans Day	Chicken Nuggets French Fries  Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Ham and Cheese Sandwich Oven Baked Cheetos Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Nachos w/ Taco Meat Cheese Sauce & Salsa Black Beans & Corn Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Pepperoni Pizza Caesar Salad/Rice Krispy Salad & Fruit Bar <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 Egg Roll/Steamed Broccoli  Fortune Cookie Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Crispy Chicken Burger French Fries  Broccoli Salad Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Breakfast for Lunch Mini Pancakes & Sausage Link Sakuma blueberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>Thanksgiving Meal</b> Turkey & Gravy  Mashed Potatoes Roll/ Cranberries Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Cheese Pizza Caesar Salad/Rice Krispy  Salad & Fruit Bar <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 Marinara Dipping Sauce Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Grilled Chicken Burger French Fries  Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Pepperoni Pizza Frosted Cookie Caesar Salad Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>	No School Thanksgiving Break  	No School 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!**