

Regular 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>
11:00-12:25	3 <sup>rd</sup> /7 <sup>th</sup> period
<b>12:30-1:00</b>	<b>Lunch B</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

## Wednesday, November 6<sup>th</sup>

### Green Day



Weekly Bell Schedule November 4-8	
Monday	Green -Veterans Assembly Schedule
Tuesday	White
Wednesday	Green
Thursday	White -Conferences Early Release
Friday	Green- Early Release

## NEWS UPDATES

### MVHS Parent Conference

Thursday, November 7, from 2-5 pm & 6-8 pm in the Cafeteria.  
Please come to the foyer of New Main to check in. See you there!

### Congrats to our AMAZING MVHS football team

on making the playoffs in back to back seasons for the first time in school history!  
Please congratulate your players and coaches on the historic accomplishment! The Bulldogs play Friday night at Graham Kapowsin, the number two ranked team in the state, in the first round of the playoffs. Go Bulldogs!

### 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.

### Attention Future Softball Players

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

### Attention girl wrestlers

There will be a brief meeting for girls interested in wrestling in the mat room at 2:45 pm, today, November 6th

### New Bell Schedule

Beginning November 12<sup>th</sup>, MVHS will be going to a 3-lunch schedule. The daily bell schedule is always posted at the top of this page.

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