Wednesday Advisory				
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 – 11:50	3 rd /7 th Period			
11:55 – 12:25	Lunch B			
12:30 – 1:10	3 rd /7 th Period			
11:15 – 12:35	3 rd /7 th Period			
12:40 – 1:10	Lunch C			
1:15 – 2:30	4 th /8 th Period			
2:35 - 4:00	9 th /10 th Period			

The Daily Bulletin

Wednesday, December 11th Green Day



Schedule				
December 9-13				
Monday	Green			
Tuesday	White			
Wednesday	Green- Advisory			
Thursday	White			

Green

Friday

Weekly Bell

NEWS UPDATES



Running Start or general exploration.

Wednesday Run Club is still meeting on Wednesdays after school

in Portable 3B with Mr. Race. Come on out and go for a run with us! All ability levels are welcome!

Wouldn't it be great if...

the school cafeteria served food that you looked forward to eating? And YOU were part of the influence for change? Please take a moment to fill out this survey and help us improve our school's meal program! https://www.surveymonkey.com/r/VGSLTWY

Students attending the afternoon session at NCTA

your bus will now be picking you up on the north side of the cafeteria.

Same time at this new location.

FCCLA will be selling candy grams in the cafeteria

tomorrow and Friday- they will be .50 cents a-piece or 3 for a dollar! The candy grams will be delivered the week leading into Christmas Break!

-----SENIORS-----

Attention Seniors: WSU is giving away MONEY!

Stop by the College and Career Center on Friday during all lunches to learn how to get a scholarship for WSU! Go Cougars!

Canned Food Drive

Hunger in America exists for over 50 million people. That is 1 in 6 of the U.S. population – including more than 1 in 5 children. Even one item can help reduce Skagit Valley's food insecurity by donating non-perishable food items in the canned food drive boxes located in: OM Main Office, outside the Library, outside the ASB/Athletics Office, North Hall by the vending machines and in the cafeteria by the southwest entrance from the friendship Circle. Please bring your non-perishable food items to help support our local food banks during this time of year. Thank you in advance for your generosity.

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.











Monday	Tuesday	Wednesday	Thursday	Friday	
2-Dec	3-Dec	4-Dec	5-Dec	6-Dec	
Beef Dippers	Buffalo Bites	Pasta Bake	Meatball Sub	Variey Pizza	
Steamed Rice/egg roll	with Seasoned Potato Wedges	Garlic Bread	Doritos Chips	Caesar Salad/Mini Rice Krispie	
D		Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	
Fortune Cookie Salad & Fruit Bar	Salad & Fruit Bar Nonfat & 1% Milk	Nonfat & 1% Milk Nonfat Chocolate Milk	Nonfat & 1% Milk Nonfat Chocolate Milk	Nonfat Chocolate Milk	
Nonfat & 1% Milk	Nonfat Chocolate Milk	Nomat Chocolate Milk	Nomat Chocolate Milk		
2,000					
9-Dec	10-Dec	11-Dec	12-Dec	13-Dec	
Mandarin Orange Chicken	Teriyaki Burger	Breakfast for Lunch	Turkey & Gravy	French Bread Pizza	
Steamed Rice	Seasoned Potato Wedges	Omelet, Biscuit, Country Gravy	Mashed Potatoes	Caesar Salad/Mini Rice Krispie	
Broccoli		Sausage Links & Bluberries	Cranberry Sauce & Roll/Green Beans	Salad & Fruit Bar	
Fortune Cookie	Salad & Fruit Bar	Salad & Fruit Bar	Dessert	Nonfat Chocolate Milk	
Salad & Fruit Bar	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat & 1% Milk	\$\tau\frac{1}{2},	
Nonfat & 1% Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	12 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	
				Shar	
16-Dec	17-Dec	18-Dec	19-Dec	20-Dec	
Teriyaki Chicken	Beef Chili	Popcorn Chicken	Spicy Chicken Burger	Variety Pizza	
Steamed Rice	CornBread	Spicy Fries	with Chips	Caesar Salad	
Egg Roll	Salad & Fruit Bar		Salad & Fruit Bar	Holiday Treat!	
Fortune Cookie	Nonfat & 1% Milk	Salad & Fruit Bar	Nonfat & 1% Milk	Salad & Fruit Bar	
Salad & Fruit Bar	Nonfat Chocolate Milk	Nonfat & 1% Milk	Nonfat Chocolate Milk	Nonfat & 1% Milk	
Nonfat & 1% Milk		Nonfat Chocolate Milk	TO THE ANSWERS	Nonfat Chocolate Milk	
Nonfat Chocolate Milk	Harvest of the Month!				
			N - &	ZiOis	
23-Dec	24-Dec	25-Dec	26-Dec	27- <u>Dec</u>	
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5401005			TITOTERI	THE STATE OF THE S	
7-55-1	Minton	Drook No	Cabaal	ENOIS	
	willter	Break - No	3011001	TUZICUT	
	and	्रीहर्षे नेप्टोन	25	25	
<u> </u>	Mary Control	Harvest of the Month.			
30-Dec	422(O)=23	BEANS are the seeds	from flowering plants in the	Fabaceae family and are	
	5000	classified as legumes. They usually grow in pods, which are capsules with			
	250.0	several beans inside. These pods or capsules develop from flowers. Other			
No	School. Back Jan 6	legumes include peas, peanuts, and lentils.			
110	that				
ENGE.	Beans contain amino acids, which are the chemicals that combine to form				
20%					

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.

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

