

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	3rd/7th 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

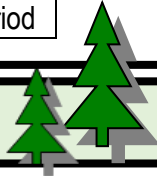
The Daily Bulletin

Monday, December 9th
Green Day

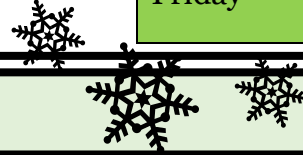


Weekly Bell Schedule December 9-13

Monday	White
Tuesday	Green
Wednesday	White-Assembly
Thursday	Green
Friday	White



NEWS UPDATES



Skagit Valley College will be in the College and Career Center this Friday at 9am and 11am to assist students with their application process, 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>

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.

-----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!

DECEMBER




Special
Growing Healthy Students!



Monday	Tuesday	Wednesday	Thursday	Friday
2-Dec Beef Dippers Steamed Rice/egg roll Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	3-Dec Buffalo Bites with Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	4-Dec Pasta Bake Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	5-Dec Meatball Sub Doritos Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	6-Dec Variety Pizza Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
9-Dec Mandarin Orange Chicken Steamed Rice Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	10-Dec Teriyaki Burger Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	11-Dec Breakfast for Lunch Omelet, Biscuit, Country Gravy Sausage Links & Blueberries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	12-Dec Turkey & Gravy Mashed Potatoes Cranberry Sauce & Roll/Green Beans Dessert Nonfat & 1% Milk Nonfat Chocolate Milk	13-Dec French Bread Pizza Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
16-Dec Teriyaki Chicken Steamed Rice Egg Roll Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	17-Dec Beef Chili Corn Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk <i>Harvest of the Month!</i>	18-Dec Popcorn Chicken Spicy Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	19-Dec Spicy Chicken Burger with Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	20-Dec Variety Pizza Caesar Salad Holiday Treat! Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
Winter Break - No School				
30-Dec	No School. Back Jan 6			

Harvest of the Month.

B E A N S are the seeds from flowering plants in the Fabaceae family and are classified as legumes. They usually grow in pods, which are capsules with several beans inside. These pods or capsules develop from flowers. Other legumes include peas, peanuts, and lentils.

Beans contain amino acids, which are the chemicals that combine to form

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!**

