Green/White Schedule			Weekly Bell Schedule	
8:00 - 9:25	1 <sup>st</sup> /5 <sup>th</sup> Period	The Daily Bulletin		
9:30 – 10:55	2 <sup>nd</sup> /6 <sup>th</sup> Period	The Daily Duileun		6-10, 2020
11:00 – 11:30	Lunch A	Tuesday January 7th	Monday	Green
11:35 – 1:00	3 <sup>rd</sup> /7 <sup>th</sup> Period	Tuesday, January 7th	The second second	TATI :+ -
11:00 - 11:45	3 <sup>rd</sup> /7 <sup>th</sup> Period		Tuesday	White
11:50 – 12:20	Lunch B	White Day	Modroadou	Crean
12:25 - 1:00	3 <sup>rd</sup> /7 <sup>th</sup> Period	-	Wednesday	Green Advisory
11:00 – 12:25	3 <sup>rd</sup> /7 <sup>th</sup> Period		Thursday	White
12:30 – 1:00	Lunch C		Thursday	white
1:05 – 2:30	4 <sup>th</sup> /8 <sup>th</sup> Period		Friday	Green
2:35 - 4:00	9 <sup>th</sup> /10 <sup>th</sup> Period		Trady	Early Release

## **NEWS UPDATES**

### **Cheerleading Tryouts**

for the 2020-2021 team are coming up! Make sure you are doing well in classes, stretching and jumping to prepare. Tryouts are open to all students that are current 9th-11th graders. Applications will be released in mid-January. Tryouts are March 2, 3, 4, & 5. Email Coach Whitman with questions- kwhitman@mvsd320.org

# -----SENIORS------

#### **Baby ads appearing in this year's Skagina**

must be submitted and paid for by Friday, February 1st. No extensions will be available. Don't wait until the last minute.

#### **MVHS Graduation Ceremony**

will be held Friday, June 5<sup>th</sup>, 2020 at Angel of the Winds Arena in Everett. Overwhelmingly, our students and families have indicated this choice as their preference which was gathered from family and student surveys recently sent out by the Superintendent's office.

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.



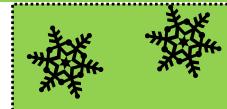


## **Special** Growing Healthy Students!

V						
Monday	Tuesday	Wednesday	Thursday	Friday		
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan		
Beef Dippers	Buffalo Bites	Meatball Sub	Spicy Chicken Burger	French Bread Pizza		
Steamed Rice/Broccoli	Seasoned Potato Wedges	Chips	Seasoned Fries	Caesar Side Salad/Mini Rice Krispie		
Fortune Cookie	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar		
Salad & Fruit Bar	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat Chocolate Milk		
Nonfat & 1% Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk			
Nonfat Chocolate Milk						
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan		
General Tso Chicken	Teriyaki Burger	White Chicken Chili	Popcorn Chicken	Variety Pizza		
Steamed Rice	Seasoned Potato Wedges	Tortilla Chips	Seasoned Fries	Caesar Side Salad/ MiniRice Krispie		
Egg Roll	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar		
Fortune Cookie	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat Chocolate Milk		
Salad & Fruit Bar	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	****		
Nonfat & 1% Milk		*~~		***		
Nonfat Chocolate Milk		***				
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan		
NO SCHOOL!	Breakfast for Lunch	Chicken Bacon Ranch Burgers	Crispitos	Buffalo Chicken Pizza		
Martin Luther King Jr. Day	Mini Pancakes & Sausage Links	Seasoned Fries	Flamas	Caesar Side Salad		
	Sakuma Strawberries w/ whip	Salad & Fruit Bar	Sour Cream/Salsa	Mini Rice Krispie		
	Salad & Fruit Bar	Nonfat & 1% Milk	Nonfat & 1% Milk	Salad & Fruit Bar		
	Nonfat & 1% Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat & 1% Milk		
***	Nonfat Chocolate Milk			Nonfat Chocolate Milk		
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan		
	Cheese Stuffed Breadsticks	Mandarin Orange Chicken	Buffalo Bites	Pepperoni Pizza		
No School!	Marinera Dipping Sauce	Steamed Rice/Broccoli	Seasoned Fries	Caesar Side Salad/Mini Rice Krispie		
¥6	Caesar Salad	Fortune Cookie	<b>XXX4</b> .	Salad & Fruit Bar		
******	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Nonfat Chocolate Milk		
***	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat & 1% Milk	×		
	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk			
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			****			
Each lunch comes complete with						
aalad han an frach yagatahla shaiga af frach fruit and milly						

salad bar or fresh vegetable, choice of fresh fruit, and milk!





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.