

Green/White 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>
11:35 – 1:00	3 <sup>rd</sup> /7 <sup>th</sup> Period
11:00 – 11:45	3 <sup>rd</sup> /7 <sup>th</sup> Period
<b>11:50 – 12:20</b>	<b>Lunch B</b>
12:25 – 1:00	3 <sup>rd</sup> /7 <sup>th</sup> Period
11:00 – 12:25	3 <sup>rd</sup> /7 <sup>th</sup> Period
<b>12:30 – 1:00</b>	<b>Lunch C</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

Tuesday, January 7<sup>th</sup>  
White Day



## Weekly Bell Schedule January 6-10, 2020

Monday	Green
Tuesday	White
Wednesday	Green Advisory
Thursday	White
Friday	Green 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](mailto:kwhitman@mvsd320.org)

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

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

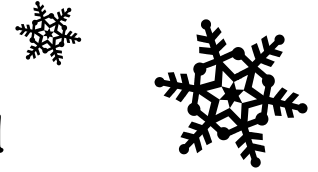
must be submitted and paid for by Friday, February 1st.  
No extensions will be available. Don't wait until the last minute.

### 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.



**Special**  
*Growing Healthy Students!*



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

**Each lunch comes complete with 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.

