

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	3 rd /7 th 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

Wednesday, February 26th

Green Day



Weekly Bell Schedule February 24-28	
Monday	Green
Tuesday	White
Wednesday	Green
Thursday	White
Friday	Green

NEWS UPDATES

Rising Freshman Night (Class of 2024)

Incoming freshman and their parents are invited to attend an information open house TONIGHT, Wednesday, Feb 26, 2020 MVHS Cafeteria from 6:30-8pm

Attendance Office Reminders

If your student is absent, **no need to call to say they are out**, just send them with a note on their return to school. The note should include student name, dates absent, reason and your signature. Also, to check out your student, you must come into the school and show ID.

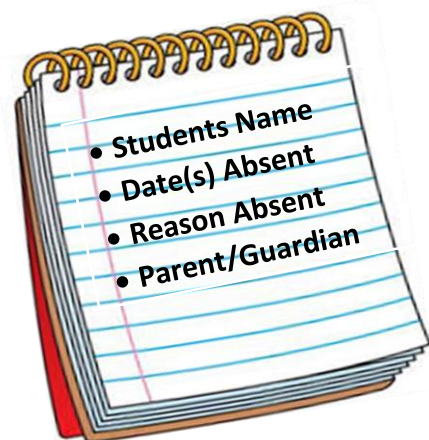
SAFETY ATTENDANCE PROTOCOL

Bulldog Families

Please be prepared to show picture ID when picking up your student.

Padres

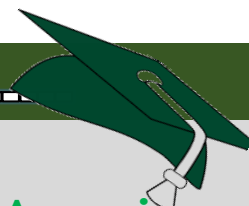
Por favor esté preparado para mostrar una identificación con foto cuando recoja a su estudiante.



-----SENIORS-----

MVHS Graduation Ceremony

will be held Friday, June 5th, 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.



Skagit Valley College will be visiting on Friday, Feb 28

during all three lunches to help with applications, financial aid - all things Skagit! Come to the College and Career Center if you need their assistance.

Join us for Knowledge Bowl club!

We meet every Monday after school in New Main 303.

All students are welcome!

GET YOUR MVHS School Spirit Shirt!

\$10 each and on sale next week, March 2-6, during lunches!



*Spring Fling in March 27th @MVHS
& Prom is May 9th @Maplehurst Farms*



Special

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
3-Feb Beef Dippers Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	4-Feb Breakfast for Lunch Mini Pancakes & Sausage Links Sakuma Strawberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	5-Feb Chicken Bacon Ranch Burger Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	6-Feb Burrito w/ Queso Sauce Jicama & Lime Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	7-Feb French Bread Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
17-Feb Sweet n Sour Chicken Steamed Rice/Broccoli Egg Roll Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	18-Feb Spicy Chicken Burgers Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	19-Feb Spaghetti w/ Meatsauce Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	20-Feb Crisпитos Salsa/ and chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	21-Feb <i>Variety Pizza</i> <i>Caesar Side Salad</i> <i>Frosted Cookie</i> <i>Salad & Fruit Bar</i> <i>Nonfat & 1% Milk</i> Nonfat Chocolate Milk
24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
No School President's Day	18-Feb Hot Ham and Cheese Sandwich Cheetos Sakuma Blueberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	19-Feb Popcorn Chicken Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	20-Feb Buffalo Chicken Bites Seasoned Wedges Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	21-Feb Cheese Pizza/Pepperoni Pizza Caesar Side Salad President's Day Cookies Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
24-Feb Mandarin Orange Chicken Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	25-Feb Spicy Chicken Burger Crinkle Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	26-Feb Cheesy Breadsticks w/ Marinara Sauce Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	27-Feb Meatball Sub With Flama Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	28-Feb Variety Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk



FEBRUARY IS HEART HEALTH MONTH!

Two simple ways to keep your heart healthy include:

- Eating a rainbow of fruits and vegetables.** Different colors of fruits and vegetables have different vitamins and minerals that your body needs to stay strong.
- Being active every day.** Do an activity that you enjoy every day, such as jumping rope, playing basketball, or roller skating.

Harvest of the Month: BERRIES!! February 4th and 18th!

We are lucky enough to live in an area where berries of all kinds are farmed and harvested in the spring time. Fresh or frozen. We love berries! Be sure to taste strawberries and blueberries straight from our local berry famers at Sakumas on February 4th and 18th!

The nutrients in berries will naturally lower your blood pressure, reduce inflammation and increase 'good' cholesterol—all essential for a healthy heart.



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.

