

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

Monday, March 2nd
White Day



Weekly Bell Schedule March 2-6, 2020	
Monday	White
Tuesday	Green
Wednesday	White-Advisory
Thursday	Green
Friday	White

NEWS UPDATES

ASB and Spike the Bulldog Invite you to the dance battle of the decade.

Thursday, March 5th during all 3 lunches, come challenge Spike with your amazing move and let the crowd be the judge of who will win Spike the Bulldog's Dance Battle!

Get your MVHS School Spirit Shirt!

\$10 each and on sale during lunches this week!

-----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.

Check out the College & Career Centers for all
the local scholarships available!

Seniors: Skagit Valley College and Whatcom Community College

will be here this Friday during all three lunches in the College and Career Center to assist you with their application process, explore their programs, and learn about financial aid. Don't miss this great opportunity.



The College and Career Center Pizza with a Professional March Events

All grade levels are welcome.

- **March 3rd** - Isabel Zaragoza, BSN, Registered Nurse, Migrant Health for Skagit County
- **March 17th** - Rafael Lucatero, Lieutenant, with Northwest Region, Mount Vernon Enforcement Division with the WA State Liquor Enforcement and Cannabis Board
- **March 31st** - Cynthia M. Ruiz, Engineering Program Manager

The College and Career Center has room for a few upcoming field trips!

Permission slips are in the College and Career Center.

- **College Planning Day at WWU** will host all of the public (and some private universities) in Washington State. You can visit with the college of your choice on a college campus! March 23 (green day) from 8:00 - 12:45.
- **Spotlight on Women in STEM** is focusing on female students grades 9-12 that have an interest in STEM and healthcare careers. The line-up of speakers will be different than last year - so even if you came last year - come again! March 26 (white day) from 8:15-1:30 with lunch included. Note this is an early release day so students will need to secure a ride home if they normally take a bus.
- **University of Washington Tour** - this trip will focus on seniors that have been admitted and juniors that are interested in applying to UW next year. April 14 (white day) 8:00 - 2:30 with lunch included.
- **WAVE Apprenticeship** is a trip for students interested in learning about state union apprenticeships in the trades. Plumbing, electrical, scaffolding, crane operators, laborers and more! This is a hands-on field trip with lunch included. Spaces are very limited - first come first served! April 21 (green day) from 8:30 - 1:00.

Students that are currently enrolled in CTE classes can earn required leadership points by coming on a field trip or Pizza with a Professional.

Seniors working to complete their senior culminating project (a graduation requirement) can also apply these trips and events to the job shadow portion





Special

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
2-Mar	3-Mar	4-Mar	5-Mar	6-Mar
Beef Dippers Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Creamy Chicken Alfredo w/ Spinach Roll Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Hot Ham and Cheese Sandwiches with Flamas chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Burrito w/ Queso Sauce Jicama & Lime/Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Cheese Pizza & Pepperoni Pizza Caesar Side Salad/ Min Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
9-Mar	10-Mar	11-Mar	12-Mar	13-Mar
Sweet and Sour Chicken Steamed Rice Egg Roll Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Spicy Chicken Burger Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Beefy Macaroni Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Crispitos w/ Chips & Sour Cream & Salsa Applesauce Cups Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Variety Pizza Caesar Side Salad/Min Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
16-Mar	17-Mar	18-Mar	19-Mar	20-Mar
Buffalo Chicken Bites Seasoned French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Teriyaki Burgers Seasoned Potato Wedges Spinach Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Spaghetti w/ Meatsauce Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Nacho Bites Sour Cream and Pico De Gallo/ With Nacho Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Buffalo Chicken Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
23-Mar	24-Mar	25-Mar	26-Mar	27-Mar
Mandarin Orange Chicken Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Bacon Ranch Chicken Burger Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Cheese Stuffed Breadsticks Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Cripitos With chips & Sour Cream & Salsa Fresh Chopped Jicama & Lime Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Variety Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
30-Mar	31-Mar	1-Apr	2-Apr	3-Apr
Sweet And Sour Chicken Steamed Rice Egg Roll/ Fortune Cookies Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Breakfast for Lunch Mini Maple Pancakes Sausage Links Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Chicken Alfredo Roll Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Burrito w/ Queso Sauce With Chips and Jicama & Lime Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Cheese Pizza & Pepperoni Pizza Caesar Side Salad/ Mini Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk

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



March is National School Breakfast Month!

Be sure to start your day off right with a healthy school breakfast. Each breakfast meal comes complete with a whole grain entree, fruit and milk.

Eating breakfast helps kids focus better in the classroom and improves school performance. Come visit us today!

Breakfast is FREE for all elementary students



Harvest of the Month: SPINACH!!
March 3rd and 17th!

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.