

Regular Schedule	
6:25-7:50	0 period
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 "DOG DISH"

FRIDAY, SEPTEMBER 29, 2017

WHITE DAY



WEEKLY BELL SCHEDULE 9/25-9/29	
Monday	White Day
Tuesday	Green Day
Wednesday	Advisory White Day
Thursday	Green Day
Friday	White Day

NEWS UPDATES

College & Career Center

Juniors and Seniors: 8 more colleges are heading to MVHS the week of Oct. 2nd, including Central, Gonzaga, and Seattle Pacific. Sign up in the College and Career Center with Mrs. Bird. For a complete schedule visit www.mvhscollegecareer.weebly.com/representative-visits.html

Seniors: The College and Career Center is kicking off a College Application Campaign at MVHS to help seniors navigate the application process. Events are on our website and include UW college workshops, parent and student information sessions, Financial aid workshops and more! To learn more visit www.mvhscollegecareer.weebly.com or sign up in the College and Career Center w/ Mrs. Bird.

Sophomore and Juniors: Sign up for the PSAT at the ASB window with Mrs. Duncan. The deadline to sign up is Oct. 11th and the test will be Sat Oct 14th at MVHS.
School Pictures

Pictures are here!! We will be handing them out during all 3 lunches today, Friday and Monday in the West Foyer in NM.

Skagina

Skagina needs your summer vacation photos for the yearbook. Please send them to skagina@mvsd320.org

SENIOR CULMINATING PROJECT

Criminal Justice Culminating Project: Next Monday, October 2nd at 2:45 p.m. Seniors planning on doing a Culminating Project with Officer Reed need to meet in the library to discuss what we are going to do to fulfill the Job Shadow Requirements. If you do not show up, you will not be able to do this project. Contact Officer Reed for additional information.

IMPORTANT PHONE NUMBERS FOR THE HIGH SCHOOL

Main Office: 428-6100 Fax: 428-6152 Counseling Office: 428-6156 Fax: 428-6157
Attendance: 428-6153 Fax: 428-6201 Athletic Office: 428-6191 Fax 428-6192
ASB: 428-6174 Fax: 428-6192 CTE: Fax 428-6143

Clubs

- Key Club meets every Wednesday in the auditorium at 7:30 am. Everyone is welcome to join us.
- Earth club is meeting every Friday after school in NM308! Join us!
- Like to read; talk about books and promote reading? SLAB (student Library Advisory Board) is the club for you! SLAB meets the 1st and 3rd Wednesday of each month after school in the library. Hope to see you there!
- Poetry club will meet every Monday in OM204 from 2:40-3:30.
- If you are passionate about social justice for the LGBTQIA community and want to hang out with a group of supportive and accepting students, join us in Ms. Preston's room on Monday.
- If you are interested in learning about and discussing Social Justice issues, for example, systemic racism, Black Lives Matter, Take a Knee, and Immigration reform, please come to the first gathering of the Social Justice Club. The first gathering will be Monday October 2nd in New Main 106. Ms. Garcia and Mr. Hand would love to see you there! If you have any questions please feel free to contact either of them.

GYM

Boys Basketball Open Gym is happening Tuesdays and Thursdays 7:30-9:00pm.

Mount Vernon High School Café Lunch Menu



Meal Prices

Student: Paid	\$3.00
Student: Reduced	\$0.40
Adult: Guest	\$4.00
Milk	\$0.50

Complete your meal with choice of fresh veggies, fruit and milk!

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwiches & Pizza	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Variety of Gourmet Pizza Choices
Grill	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips
WRAPS	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP
Special	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
Salad Bar	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available

This institution is an equal opportunity provider and employer. Menu subject to change without notice.
Questions? Call David Connors, Food Service Director, at (360) 428-6149.