

Regular 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 "DOG DISH"

MONDAY, NOVEMBER 6, 2017

WHITE DAY



WEEKLY BELL SCHEDULE 11/6-11/10	
Monday	White Day
Tuesday	Green Day
Wednesday Conferences	White Day Early Release
Thursday	Green Day Early Release
Friday	NO SCHOOL

NEWS UPDATES

Athletics

CHEER Tryout Dates:

Saturday March 3rd 9-11am

Monday March 5th 6-8pm

Tuesday March 6th 6-8pm

FINAL tryout Wednesday March 7th 5pm—finish

***Participants meet in Mat Room. Wear athletic clothing & shoes. MUST have all paperwork completed and turned into Athletic Office. In addition, a complete TRYOUT Packet must be turned into Mrs. Whitman. Information/Updates:**

Instagram follow>> mvhsbulldogcheer

- **The boys swim season begins on **Monday the 13th**. Practice is at 2:45 at the YMCA. No experience is needed, everything is taught at practice.**
- **Winter Sports start **11/13**. All paperwork and participating fees/ASB fees are due **TODAY**.**
- **Boys Basketball Open Gym is happening Tuesdays and Thursdays 7:30-9:00pm.**
- **Girls' locker room will be locked by 2:45. Make sure you clear out before then. This includes after school activities.**

Attention all Coaches and Advisors.

Kick off the Holiday Season with a fun and festive volunteer opportunity! Volunteers are needed for the 2017 Skagit Valley Hospital Festival of Trees events. The two clubs/teams that have the most COMPLETED volunteer hours will win prize money.

Please contact Pam Methner for more information.

Methner528@comcast.net

(360) 428-0355

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.**
- **AVID Club will now be meeting on Mondays! Join us at 2:40 in OM104**

Skagina

- Yearbook orders must be placed by **January 31st** and have less than 50% balance due if students are on a payment plan. Ordering a book is the only way to guarantee a copy for your student(s).
- Yearbooks are \$55 if ordered by **November 30th** and \$65 if ordered by **January 31st**. The price of our book has dropped from \$60 to \$55 if ordered by November 30th. Before, it was \$75 if ordered after the price increase date. Now it will be \$65.
- If you do not have a senior portrait, Skagina will be doing a free basic portrait session **November 7th & 8th** during all three lunches in CT4.

College & Career Center

Take a field trip on Nov 14th to BTC to learn more about their programs.
Sign up in the College and Career Center.

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.