

Regular 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>
<b>11:35 -1:00</b>	<b>3<sup>rd</sup>/7<sup>th</sup> period</b>
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
<b>11:00-12:25</b>	<b>3<sup>rd</sup>/7<sup>th</sup> period</b>
<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 "DOG DISH"

TUESDAY, NOVEMBER 7, 2017

GREEN 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

Congrats to the Mount Vernon Bulldog football team on their season ending **54-21** victory over Marysville-Pilchuck in which the Bulldogs gained 508 yards on offense. The 54 points scored is the most in a game since 2005, when the Bulldogs also scored 54.

The Bulldogs had a very successful season and accomplished many things...

- \* The Bulldog offense averaged 352 yards a game and finished with **3,517** total offensive yards.
- \* They ended the 21 game overall losing streak, 16 game conference losing streak and 13 game home losing streak.
- \* The Battle of the Bridge trophy sits nicely in the MVHS fieldhouse after defeating Burlington for the first time since **2013**.
- \* The Bulldog seniors enjoyed their last game at Bulldog Stadium by winning their homecoming and senior night game.
- \* The Bulldogs four wins are more wins than the previous three years combined.
- \* Most importantly the 2017 Bulldog football team will most be remembered for having fun playing football again, playing with class and determination, and bringing Mount Vernon Football back!

### **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**. Turn in all paperwork and participating fees/ASB fees Asap!
- 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.

## 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

### 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

### 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 1<sup>st</sup> and 3<sup>rd</sup> 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.

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# 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
<b>Sandwiches &amp; Pizza</b>	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
<b>Grill</b>	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
<b>WRAPS</b>	<b>BUILD YOUR OWN WRAP</b>	<b>BUILD YOUR OWN WRAP</b>	<b>BUILD YOUR OWN WRAP</b>	<b>BUILD YOUR OWN WRAP</b>	<b>BUILD YOUR OWN WRAP</b>
<b>Special</b>	<b>Daily Special</b>	<b>Daily Special</b>	<b>Daily Special</b>	<b>Daily Special</b>	<b>Daily Special</b>
<b>Salad Bar</b>	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.