

Super Wednesday Schedule	
8:00-11:10	9 th Grade Pre ACT
11:15-11:45	9 th Grade Lunch
11:0-12:30	9 th Grade Advisory
8:00-11:55	10 th & 11 th Grade PSAT
12:00-12:30	10 th & 11 th Grade Lunch
8:00-8:55	12 th Grade Advisory
9:00-11:10	12 th Grade Workshops
11:15-11:45	12 th Grade Lunch
11:50-12:30	12 th Grade Advisory
12:35-1:00	Period 5
1:05-1:30	Period 6
1:35-2:00	Period 7
2:05-2:30	Period 8

The Daily Bulletin

Wednesday, October 16th

Green Day



Weekly Bell Schedule October 14-18	
Monday	White
Tuesday	Green
Wednesday	White-Super Wednesday
Thursday	Green
Friday	White-PM Assembly

NEWS UPDATES

Parents/Students of Mt Vernon High School:

Graduation/class jewelry packets were recently distributed during senior class meeting. Please take a moment to look at the information for ordering cap & gown units, graduation announcements, along with many other items. If you did not get the packet or need another one, please visit the main office of the school. Don't miss the opportunity to receive a free Cap and Gown with the purchase of eligible jewelry items. See packet for details. *Some exceptions apply* If you like, you can turn your order directly to Jostens on Thursday, 10/17 during lunches in the Cafeteria or access the MVHS online order page at

www.jostens.com/apps/store/customer/1118716/Mount-Vernon-High-School/

Juniors and Seniors

Saint Martins University and Central Washington University will be at MVHS on Tuesday in the College and Career Center. Stop by to pick up pass today!

Yearbook Baby Ads and Senior Portraits

Yearbook Baby Ads for seniors are on sale now. Early bird pricing is \$50 for 1/4 page and \$100 for 1/2 page if ordered by November 15th. Senior Portraits are due November 1st. Check the MVHS Website to upload your photos.

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

Bulldog E.D.G.E. tutoring schedule

Wednesday's - Math, Science, English & History and Thursday's -Math. The Bulldog E.D.G.E. schedule of tutoring and events is posted on our NEW bulletin board in the hallway outside of the Library. Whether you need tutoring help or time to complete ALL students are invited and are encouraged to use Bulldog E.D.G.E. time to complete homework or projects.

The Mount Vernon School District does not discriminate in employment, programs, or activities on the basis of age, race, color, national origin, creed, religion, sex, sexual orientation, gender expression, gender identity, honorably discharged veteran or military status, or the presence of any sensory, mental or physical disability or use of a trained guide dog or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX/Civil Rights Compliance Coordinator, Bill Nutting, Assistant Superintendent, 124 E. Lawrence Street, Mount Vernon, WA 98273 (360)428-6110; Section 504/ADA Coordinator, Clint Carlton, Director of Special and Support Services, 920 S. Second Street, Mount Vernon, WA 98273, (360)428-6141.



Special

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
30-Sep Variety Pizza Caesar Salad/Rice Mini Treat Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	1-Oct Buffalo Bites French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	2-Oct Penne Pasta w/ Meatsauce Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	3-Oct Hot Ham and Cheese Sands Oven Baked Cheetos Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	4-Oct Sweet and Sour Chicken Steamed Rice/ Broccoli Salad & Fruit Bar Fortune Cookie Nonfat Chocolate Milk
7-Oct Teriyaki Dippers Steamed Rice/Broccoli Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	8-Oct Teriyaki Burger Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	9-Oct Chicken Alfredo Garlic Bread Green Beans Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	10-Oct Chicken Strips Fries Salad & Fruit Nonfat & 1% Milk Nonfat Chocolate Milk	11-Oct French Bread Pizza Caesar Salad/ Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
14-Oct Cheese Stuffed Breadsticks Marinara Dipping Sauce Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	15-Oct Cheesy Ham and Potato Soup Roll Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	16-Oct Spicy Chicken Burger French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	17-Oct Popcorn Chicken Oven Baked Cheetos Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	18-Oct Pepperoni Pizza Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
21-Oct Mandarin Orange Chicken Steamed Rice/Broccoli Salad & Fruit Bar Nonfat & 1% Milk Fortune Cookie Nonfat Chocolate Milk	22-Oct Chicken Bacon Ranch Burger Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	23-Oct Grilled Cheese Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	24-Oct Smothered Burritos With Tortilla Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	25-Oct Variety Pizza Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
28-Oct Teriyaki Chicken Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	29-Oct Breakfast for Lunch Mini Pancakes & Sausage Links Sakuma blueberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	30-Oct Buffalo Balls French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	31-Oct Ooey-Goey Beefy Mac Garlic Bread Frosted Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	1-Nov French Pizza Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk



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



Meal Prices:

Elementary Breakfast	No Charge
Elementary Lunch	\$2.75
Reduced Price Lunch	\$0.40
Adult Lunch	\$4.00
Milk	\$0.50

TASTE WASHINGTON DAY

Taste Washington Day is a great way to sample fruits and veggies grown locally in Washington state. This celebration is sponsored by The Washington School Nutrition Association (WSNA) and Washington State Department of Agriculture.

Be sure to join us Wednesday, October 15th as we highlight

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.