

Green/White 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>
11:35 – 1:00	3 <sup>rd</sup> /7 <sup>th</sup> Period
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
11:00 – 12:25	3 <sup>rd</sup> /7 <sup>th</sup> Period
<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 Daily Bulletin

Monday, November 18<sup>th</sup>  
White Day



## Weekly Bell Schedule November 18-22

Monday	White
Tuesday	Green
Wednesday	White-Advisory
Thursday	Green
Friday	White-Early Release

## NEWS UPDATES

### Christmas Fun Volunteer needed to:

- \* answer phones and register families on the computer from November 11th-December 6th. Shifts available are 1-3 PM & 3-5 PM Monday-Friday at the Skagit County Fairgrounds. We need both English and Spanish speakers.
- \* help distribute gifts on December 11th & 12th. Shifts available are 1:30-4 PM, 4-6 PM, & 6-8 PM at the Skagit County Fairgrounds. If you would like to volunteer, please call us at (360)419-7263. ***Santa says "THANKS" for your help!***

### Attention all students who would like to get in better physical shape.

Mr. Race will be holding conditioning workouts on Wednesday's starting November 20th. Everyone is welcome to join this "Wednesday Run Club". Talk to Mr. Race in Portable 3B for more information

### All players interested in boys' basketball

need to have all paperwork, physical completed, along with athletic fee paid before the first day of tryouts which begin TODAY November 18th. We will meet in the field house on Monday Nov. 18 at 2:50 in turnout gear.

### Wrestling practice starts TODAY

November 18th at 3:30pm. Get all your athletic paper work signed and turned in to the athletic office!" Go Bulldogs!

### Juniors and Seniors interested in learning about art school

the Pacific Northwest College of the Arts will be in the College and Career Center on Today, 11/18 at 10am. Pick up a pass and come learn about this exciting opportunity.

# -----SENIORS-----


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.



# Mount Vernon School District

## Growing Healthy Students!



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Harvest of the Month: Broccoli!!!</b>				<b>1-Nov</b>
Join us November 5th and 19th as we enjoy local broccoli! Broccoli is a great source of vitamins K and C, a good source of folate (folic acid) and also provides potassium & fiber. A few lucky schools will have special guests in their cafeterias those days. Lets get excited about Broccoli!!				French Bread Pizza Caesar Salad/Rice Krispy Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>
<b>4-Nov</b>	<b>5-Nov</b>	<b>6-Nov</b>	<b>7-Nov</b>	<b>8-Nov</b>
Mandarin Orange Steamed Rice/Steamed Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Hamburger French Fries  Broccoli Salad Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Cheese Stuffed Breadsticks marinara Sauce/ Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Smothered Burrito Spanish Rice  Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Variety Pizza Caesar Salad/Rice Krispy  Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>
<b>11-Nov</b>	<b>12-Nov</b>	<b>13-Nov</b>	<b>14-Nov</b>	<b>15-Nov</b>
No School! Veterans Day	Chicken Nuggets French Fries  Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Ham and Cheese Sandwich Oven Baked Cheetos Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Nachos w/ Taco Meat Cheese Sauce & Salsa Black Beans & Corn Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Pepperoni Pizza Caesar Salad/Rice Krispy Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>
<b>18-Nov</b>	<b>19-Nov</b>	<b>20-Nov</b>	<b>21-Nov</b>	<b>22-Nov</b>
Beef Teriyaki Dippers Egg Roll/Steamed Broccoli  Fortune Cookie Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Crispy Chicken Burger French Fries  Broccoli Salad Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Breakfast for Lunch Mini Pancakes & Sausage Link Sakuma blueberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>Thanksgiving Meal</b> Turkey & Gravy  Mashed Potatoes Roll/ Cranberries Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Cheese Pizza Caesar Salad/Rice Krispy  Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>
<b>25-Nov</b>	<b>26-Nov</b>	<b>27-Nov</b>	<b>28-Nov</b>	<b>29-Nov</b>
Cheese Stuffed Breadsticks Marinara Dipping Sauce Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Grilled Chicken Burger French Fries  Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Pepperoni Pizza Frosted Cookie Caesar Salad Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>	No School Thanksgiving Break  	No School Thanksgiving Break

Meal Prices:	
<b>Elementary Breakfast</b>	No Charge
<b>Elementary Lunch</b>	\$2.75
<b>Reduced Price Lunch</b>	\$0.40
<b>Adult Lunch</b>	\$4.00
<b>Milk</b>	\$0.50

**\$\$\$ Student Lunch News \$\$\$**

Please note: Balances carry over from last year, even if you have changed school sites in the Mount Vernon School District.

Please be aware of your student's lunch account balance. Applications for free and reduced lunches are located in the school office and the Food Service office.

**We appreciate your attention!**