

Early Dismissal	
8:00-8:55	1 st /5 th period
9:00-9:55	2 nd /6 th period
10:00-10:30	Lunch A
10:35 -11:30	3 rd /7 th period
10:00-10:55	3 rd /7 th period
11:00-11:30	Lunch B
11:35-12:30	4 th /8 th period
12:35-1:30	9 th /10 th period

The Daily Bulletin

Friday, November 8th
Green Day



Weekly Bell Schedule November 4-8	
Monday	Green -Veterans Assembly Schedule
Tuesday	White
Wednesday	Green
Thursday	White -Conferences Early Release
Friday	Green- Early Release

NEWS UPDATES

COME AND WATCH OUR HISTORIC BULLDOGS TONIGHT

at Graham Kapowsin, the number two ranked team in the state, in the first round of the playoffs. **The MVHS Bulldog Football team has made the playoffs in back to back seasons for the first time in school history!**

Attention Girls' Basketball Players!

All paperwork for the upcoming season must be turned in to the athletic office by Wednesday, November 13th. You must have a current physical and be cleared to play through the athletic office to play. Tryouts start on Monday, November 18th at 5 pm. If you have any questions, see Mrs. Clark in New Main 201

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

If you are interested in Boy's wrestling

there will be a **meeting today @ 12:45 in the mat room**. Come meet the new coach and get ready for the wrestling season! Go Bulldogs!

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 Monday November 18th. We will meet in the field house on Monday Nov. 18 at 2:50 in turnout gear.

New Bell Schedule

Beginning November 12th, MVHS will be going to a 3-lunch schedule. The daily bell schedule is always posted at the top of this page.

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

Juniors! Do you want to go to college but aren't sure where to start?

Consider joining the College Success Foundation Achievers Scholars Program. As an Achiever, you will receive group and one-on-one guidance on determining your college fit, exploring career fields, applying for college, and navigating the scholarship search. You'll also have the opportunity to participate in college visits and our 3-day overnight ACE program at a college campus this summer. The final deadline for applications is Friday, November 15th - stop by the College and Career Center and chat with Ashley Barnes, College Prep Advisor, to learn more!

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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.



Mount Vernon School District

Growing Healthy Students!



Monday	Tuesday	Wednesday	Thursday	Friday
Harvest of the Month: Broccoli!!!				1-Nov
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 Nonfat Chocolate Milk
4-Nov	5-Nov	6-Nov	7-Nov	8-Nov
Mandarin Orange Steamed Rice/Steamed Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Hamburger French Fries Broccoli Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Cheese Stuffed Breadsticks marinara Sauce/ Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Smothered Burrito Spanish Rice Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Variety Pizza Caesar Salad/Rice Krispy Salad & Fruit Bar Nonfat Chocolate Milk
11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
No School! Veterans Day	Chicken Nuggets French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Ham and Cheese Sandwich Oven Baked Cheetos Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Nachos w/ Taco Meat Cheese Sauce & Salsa Black Beans & Corn Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Pepperoni Pizza Caesar Salad/Rice Krispy Salad & Fruit Bar Nonfat Chocolate Milk
18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
Beef Teriyaki Dippers Egg Roll/Steamed Broccoli Fortune Cookie Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Crispy Chicken Burger French Fries Broccoli Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Breakfast for Lunch Mini Pancakes & Sausage Link Sakuma blueberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Thanksgiving Meal Turkey & Gravy Mashed Potatoes Roll/ Cranberries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Cheese Pizza Caesar Salad/Rice Krispy Salad & Fruit Bar Nonfat Chocolate Milk
25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
Cheese Stuffed Breadsticks Marinara Dipping Sauce Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Grilled Chicken Burger French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Pepperoni Pizza Frosted Cookie Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk	No School Thanksgiving Break 	No School Thanksgiving Break

Meal Prices:	
Elementary Breakfast	No Charge
Elementary Lunch	\$2.75
Reduced Price Lunch	\$0.40
Adult Lunch	\$4.00
Milk	\$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!