

Early Dismissal	
8:00 – 8:55	1 st /5 th Period
9:00 – 9:55	2 nd /6 th Period
9:55 – 10:25	Lunch A
10:30 – 11:30	3 rd /7 th Period
10:00 – 10:25	3 rd /7 th Period
10:30 – 11:00	Lunch B
11:05 – 11:30	3 rd /7 th Period
10:00 – 10:55	3 rd /7 th Period
11:00 – 11:30	Lunch C
11:35 – 12:30	4 th /8 th Period
12:35 – 1:30	9 th /10 th Period

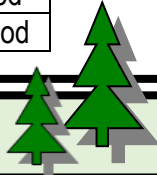
The Daily Bulletin

Friday, December 13th
Green Day



Weekly Bell Schedule December 9-13

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



NEWS UPDATES



Skagit Valley College will be in the College and Career Center Today (Friday) at 9am and 11am to assist students with their application process, Running Start or general exploration.

Wednesday Run Club is still meeting on Wednesdays after school in Portable 3B with Mr. Race. Come on out and go for a run with us! All ability levels are welcome!

Wouldn't it be great if...

the school cafeteria served food that you looked forward to eating? And YOU were part of the influence for change? Please take a moment to fill out this survey and help us improve our school's meal program! <https://www.surveymonkey.com/r/VGSLTWY>

Students attending the afternoon session at NCTA

your bus will now be picking you up on the north side of the cafeteria. Same time at this new location.

FCCLA will be selling candy grams in the cafeteria

today - they will be .50 cents a-piece or 3 for a dollar! The candy grams will be delivered the week leading into Christmas Break!

-----SENIORS-----

Attention Seniors: WSU is giving away MONEY!

Stop by the College and Career Center today during all lunches to learn how to get a scholarship for WSU! Go Cougars!

Canned Food Drive

Hunger in America exists for over 50 million people. That is 1 in 6 of the U.S. population – including more than 1 in 5 children. Even one item can help reduce Skagit Valley's food insecurity by donating non-perishable food items in the canned food drive boxes located in: OM Main Office, outside the Library, outside the ASB/Athletics Office, North Hall by the vending machines and in the cafeteria by the southwest entrance from the friendship Circle. Please bring your non-perishable food items to help support our local food banks during this time of year. Thank you in advance for your generosity.

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.

DECEMBER




Special
Growing Healthy Students!



Monday	Tuesday	Wednesday	Thursday	Friday
2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
Beef Dippers Steamed Rice/egg roll Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	Buffalo Bites with Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Pasta Bake Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Meatball Sub Doritos Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Variety Pizza Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
Mandarin Orange Chicken Steamed Rice Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	Teriyaki Burger Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Breakfast for Lunch Omelet, Biscuit, Country Gravy Sausage Links & Blueberries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Turkey & Gravy Mashed Potatoes Cranberry Sauce & Roll/Green Beans Dessert Nonfat & 1% Milk Nonfat Chocolate Milk	French Bread Pizza Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
Teriyaki Chicken Steamed Rice Egg Roll Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Beef Chili CornBread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk <i>Harvest of the Month!</i>	Popcorn Chicken Spicy Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Spicy Chicken Burger with Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Variety Pizza Caesar Salad Holiday Treat! Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
 <h2>Winter Break - No School</h2> 				
30-Dec	No School. Back Jan 6			
<p>Harvest of the Month. B E A N S are the seeds from flowering plants in the Fabaceae family and are classified as legumes. They usually grow in pods, which are capsules with several beans inside. These pods or capsules develop from flowers. Other legumes include peas, peanuts, and lentils. Beans contain amino acids, which are the chemicals that combine to form</p>				

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.

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

