

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	3rd/7th 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

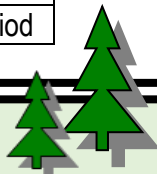
Friday, December 20th

White Day

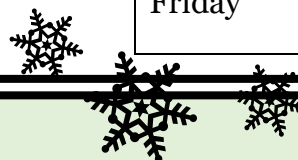


Weekly Bell Schedule December 16-20

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



NEWS UPDATES



Bowling Night 2020!

If anyone is interested over the break, the MVHS Girls Bowling Team is hosting a Bowling Night at Riverside Lanes on January 2nd 2020 from 5pm-8pm the cost is \$15. We would love to see you there!



This is an all ages event and food can be purchased there.

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>

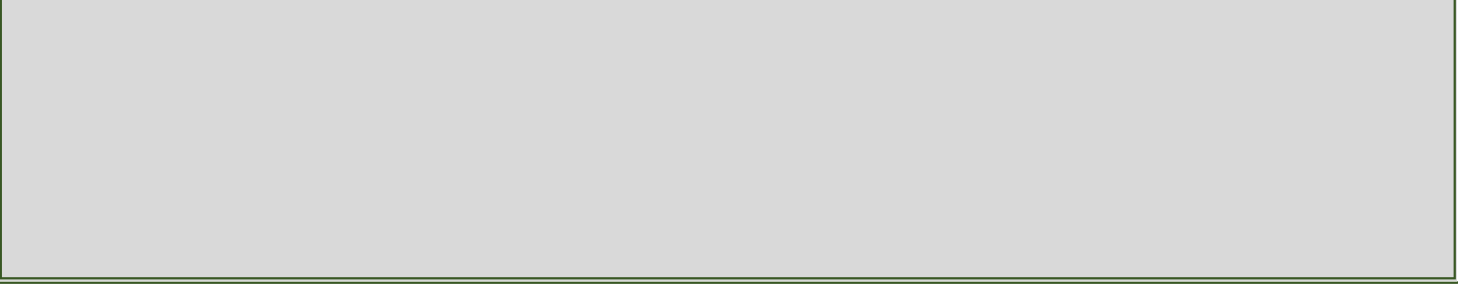
Cheerleading Tryouts

for the 2020-2021 team are coming up! Make sure you are doing well in classes, stretching and jumping to prepare. Tryouts are open to all students that are current 9th-11th graders. Applications will be released in mid-January. Tryouts are March 2,3,4, & 5th. Email Coach Whitman with questions- kwhitman@mvsd320.org

Next Pizza with a Professional

Gracie Ermie, Research Software Engineer with Vulcan is Tuesday, January 7, 2020 in the College and Career Center during lunches. Sign up in the College & Career center.

-----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.

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!**

