

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

Thursday, March 12th  
White Day



Weekly Bell Schedule March 9-13, 2020	
Monday	Green
Tuesday	White
Wednesday	Green-Advisory
Thursday	White
Friday	Green- Early Release

## NEWS UPDATES

**Out of an abundance of caution, the MVHS cafeteria will no longer** be offering any self-service items, such as the salad bar, ketchup, jalapenos, lettuce, and fruit, due COVID 19 concerns. There are no confirmed cases of COVID 19 in Skagit County as of 3.10.20 @ 7:38am. We just want to ensure that everyone remains healthy throughout the spring.

### Current Cancelations

At the direction for our local and state government offices, we have cancelled the following events:

- MVHS Spring conferences on March 26<sup>th</sup>
- Spotlight Women in Stem Field trip March 26<sup>th</sup>

***Early Release Days will continue as planned***

### Students Bring ID Card to school

We are encouraged to have students bring ID cards to scan at the Cafeteria kiosk instead of using the touchpad.

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

### MVHS Graduation Ceremony

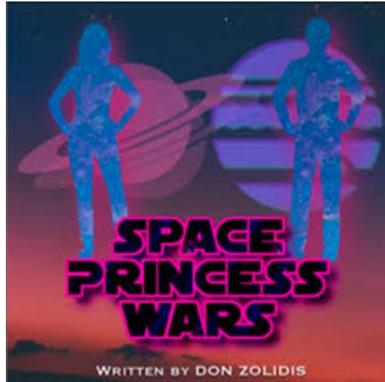
will be held 7pm Friday, June 5<sup>th</sup>, 2020 at **Angel of the Winds Arena in** Everett. Overwhelmingly, our students and families have indicated this choice as their preference which was gathered from family and student surveys recently sent out by the Superintendent's office.

**Check out the College & Career Centers for all**  
the local scholarships available!



## MVHS Drama Presents Space Princess Wars

from March 25th through the 28th at 7:00 pm in the auditorium. Tickets will be \$7 for Adults and \$5 for Students.



### The College and Career Center Pizza with a Professional March Events

*All grade levels are welcome.*

- **March 17th** - Rafael Lucatero, Lieutenant, with Northwest Region, Mount Vernon Enforcement Division with the WA State Liquor Enforcement and Cannabis Board
- **March 31<sup>st</sup>** - Cynthia M. Ruiz, Engineering Program Manager

### The College and Career Center has room for a few upcoming field trips!

*Permission slips are in the College and Career Center.*

- **College Planning Day at WWU** will host all of the public (and some private universities) in Washington State. You can visit with the college of your choice on a college campus! March 23 (green day) from 8:00 - 12:45.
- **University of Washington Tour** - this trip will focus on seniors that have been admitted and juniors that are interested in applying to UW next year. April 14 (white day) 8:00 - 2:30 with lunch included.
- **WAVE Apprenticeship** is a trip for students interested in learning about state union apprenticeships in the trades. Plumbing, electrical, scaffolding, crane operators, laborers and more! This is a hands-on field trip with lunch included. Spaces are very limited - first come first served! April 21 (green day) from 8:30 - 1:00.

**Students that are currently enrolled in CTE classes** can earn required leadership points by coming on a field trip or Pizza with a Professional.

**Seniors working to complete their senior culminating project** (a graduation requirement) can also apply these trips and events to the job shadow portion





# Special

*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
2-Mar	3-Mar	4-Mar	5-Mar	6-Mar
Beef Dippers Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Creamy Chicken Alfredo w/ <b>Spinach</b> Roll Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Hot Ham and Cheese Sandwiches with Flamas chips Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Burrito w/ Queso Sauce Jicama & Lime/Chips Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Cheese Pizza & Pepperoni Pizza Caesar Side Salad/ Min Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>
9-Mar	10-Mar	11-Mar	12-Mar	13-Mar
Sweet and Sour Chicken Steamed Rice Egg Roll Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Spicy Chicken Burger Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Beefy Macaroni Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Crispitos w/ Chips & Sour Cream & Salsa Applesauce Cups Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Variety Pizza Caesar Side Salad/Min Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>
16-Mar	17-Mar	18-Mar	19-Mar	20-Mar
Buffalo Chicken Bites Seasoned French Fries Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Teriyaki Burgers Seasoned Potato Wedges <b>Spinach Salad</b> Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Spaghetti w/ Meatsauce Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Nacho Bites Sour Cream and Pico De Gallo/ With Nacho Chips Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Buffalo Chicken Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>
23-Mar	24-Mar	25-Mar	26-Mar	27-Mar
Mandarin Orange Chicken Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Bacon Ranch Chicken Burger Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Cheese Stuffed Breadsticks Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Cripitos With chips & Sour Cream & Salsa Fresh Chopped Jicama & Lime Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Variety Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>
30-Mar	31-Mar	1-Apr	2-Apr	3-Apr
Sweet And Sour Chicken Steamed Rice Egg Roll/ Fortune Cookies Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Breakfast for Lunch Mini Maple Pancakes  Sausage Links Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Chicken Alfredo Roll  Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Burrito w/ Queso Sauce With Chips and Jicama & Lime  Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	Cheese Pizza & Pepperoni Pizza Caesar Side Salad/ Mini Rice Krispie  Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>

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



**March is National School Breakfast Month!**

Be sure to start your day off right with a healthy school breakfast. Each breakfast meal comes complete with a whole grain entree, fruit and milk.

Eating breakfast helps kids focus better in the classroom and improves school performance. Come visit us today!

**\*Breakfast is FREE for all elementary students\***



**Harvest of the Month: SPINACH!!**

**March 3rd and 17th!**

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.