

Regular Schedule	
8:00-9:25	1 st /5 th period
9:30-10:55	2 nd /6 th period
11:00-11:30	Lunch A
11:35 -1:00	3 rd /7 th period
11:00-11:45	3 rd /7 th period
11:50-12:20	Lunch B
12:25-1:00	3 rd /7 th period
11:00-12:25	3 rd /7 th period
12:30-1:00	Lunch C
1:05-2:30	4 th /8 th period
2:35-4:00	9 th /10 th period

THE "DOG DISH"

FRIDAY, NOVEMBER 17, 2017

GREEN DAY



WEEKLY BELL SCHEDULE 11/13-11/17	
Monday	NO SCHOOL
Tuesday	White Day
Wednesday	Green Day Advisory
Thursday	White Day
Friday	Green Day

NEWS UPDATES

Athletics

Reminder for PE classes: PE CBAs are Monday and Tuesday, the 20th and the 21st!

Weight Room Will Be Open:

Monday and Wednesday mornings from 6:30 am to 7:45 am with coach Whitman

Monday and Thursday afternoons from 2:45 pm to 4:00 pm with coach Vasilchek

Everyone is welcome! Go Bulldogs!

The boys' and girls' basketball teams are hosting Green & White NIGHT this Saturday! This is a free event for all students! Doors open at 5:00pm. There will be games/prizes/and food! Come out and support your 2017-2018 boys' and girls' basketball teams. Wear your green and white! Hope to see you there! GO BULLDOGS!!

Attention all Coaches and Advisors

Kick off the Holiday Season with a fun and festive volunteer opportunity! Volunteers are needed for the 2017 Skagit Valley Hospital Festival of Trees events. The two clubs/teams that have the most COMPLETED volunteer hours will win prize money.

Please contact Pam Methner for more information. Methner528@comcast.net

(360) 428-0355

Drama

Come see MVHS Drama's fall production of See How They Run a delightful comedy of mistaken identity and restoring what has been lost. It runs **Today Nov.17 &**

Tomorrow NOV.18 @ 7pm. Tickets are at the door, \$5 for students, \$7 for adults.

Can't wait to see you there!

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

You have the power to save 3 lives!

NHS is hosting a Blood Drive on Thursday 11/30. Anyone 16+ can donate **(with parent permission)**. Sign up in NM 203.

College & Career Center

- New Scholarships are posted on the online Scholarship Bulletin regularly. Check the website often, or stop by the College and Career Center to learn more.
<https://mvhscollegecareer.weebly.com/paying-for-college.html>
- Seniors, need help with your College applications or FAFSA/WAFSA? A college Application Workshop will be held on **Dec. 6th**. Sign up in the College and Career Center or online.

Clubs

- Key Club meets every Wednesday in the auditorium at 7:30 am. Everyone is welcome to join us.
- Earth club is meeting every Friday after school in NM308! Join us!
- Like to read; talk about books and promote reading? SLAB (student Library Advisory Board) is the club for you! SLAB meets the 1st and 3rd Wednesday of each month after school in the library. Hope to see you there!
- Calling all creative writers and poets alike! Poetry Club is now Writing Club, designed as a place to read, write, and share all forms of writing. Come join us every Monday in OM 204 from 2:40-3:30!
- AVID Club will now be meeting on Mondays! Join us at 2:40 in OM104.

Skagina

- Yearbook orders must be placed by **January 31st** and have less than 50% balance due if students are on a payment plan. Ordering a book is the only way to guarantee a copy for your student(s).
- Yearbooks are \$55 if ordered by **November 30th** and \$65 if ordered by **January 31st**. The price of our book has dropped from \$60 to \$55 if ordered by November 30th. Before, it was \$75 if ordered after the price increase date. Now it will be \$65.

Mount Vernon High School Café Lunch Menu



Meal Prices

Student: Paid	\$3.00
Student: Reduced	\$0.40
Adult: Guest	\$4.00
Milk	\$0.50

Complete your meal with choice of fresh veggies, fruit and milk!

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwiches & Pizza	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Variety of Gourmet Pizza Choices
Grill	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips
WRAPS	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP
Special	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
Salad Bar	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available

This institution is an equal opportunity provider and employer. Menu subject to change without notice.
Questions? Call David Connors, Food Service Director, at (360) 428-6149.