

| Green Schedule | |
|-----------------------------------|--|
| Thursday, January 23 Finals 2 & 4 | |
| 7:55 – 8:00 | 1st Bell/Passing Time |
| 8:00 – 9:25 | 1 st Period |
| 9:30 – 10:55 | 2 nd Period Final |
| 11:00 – 11:30 | Lunch A |
| 11:35 – 1:00 | 3 rd Period |
| 11:00 – 12:25 | 3 rd Period |
| 12:30 – 1:00 | Lunch B |
| 1:05 – 2:30 | 4 th Period Final |
| 2:35 – 4:00 | 9 th /10 th Period |

The Daily Bulletin

Thursday, January 23rd
Green Day



| Weekly Bell Schedule January 21-24 | |
|---------------------------------------|---|
| Monday | No School |
| Tuesday | Green Day – Finals Schedule |
| Wednesday | White Day – Finals Schedule |
| Thursday | Green Day – Finals Schedule |
| Friday | White Day – Early Release/Finals Schedule |

NEWS UPDATES

Join us on February 20th for the Skagit Valley College
Try and Trade Field Trip!
Learn about Skagit Valley College programs and tour the campus.
Permission slips are available in the College and Career Center!

-----SENIORS-----

Central Washington University will be in the College & Career
Center tomorrow Friday, during lunches to assist with their application and scholarships. See you there!

Baby ads appearing in this year's Skagina
must be submitted and paid for by Friday, February 1st.
No extensions will be available. Don't wait until the last minute.

MVHS Graduation Ceremony
will be held Friday, June 5th, 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.

There has been a change of dates for the Senior Scholarship Workshops! Seniors, would you like \$22,500 to help pay for college? Then you must apply for the Washington State Opportunity Scholarship! The College and Career Center is hosting 3 scholarships workshops to help you with this scholarship. Today, Thursday the 23rd and the following Friday the 31st! Lunch will be provided! See you there!

It's time for the 2020 Science Night T shirt contest!

YOU could design the 2020 Science Night T shirt! All you have to do is submit your entries by Feb 14 @ 2:30pm. Get the rules, an entry form & see examples of past winners on your advisory google classroom or from any teacher! Turn your entry in to Ms. Farren. There is a giant envelope on her office door in nm300, or put entries in her mailbox.

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, & 5. Email Coach Whitman with questions- kwhitman@mvsd320.org

All students are welcome to attend workouts

on Mondays, Wednesday's, and Thursdays before school from 6:45-7:45am or after school from 2:45-3:45pm in the weight room.



Special
Growing Healthy Students!



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 6-Jan | 7-Jan | 8-Jan | 9-Jan | 10-Jan |
| Beef Dippers Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Buffalo Bites Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Meatball Sub Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Spicy Chicken Burger Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | French Bread Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk |
| 13-Jan | 14-Jan | 15-Jan | 16-Jan | 17-Jan |
| General Tso Chicken Steamed Rice Egg Roll Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Teriyaki Burger Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | White Chicken Chili Tortilla Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Popcorn Chicken Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Variety Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk  |
| 20-Jan | 21-Jan | 22-Jan | 23-Jan | 24-Jan |
| NO SCHOOL! Martin Luther King Jr. Day  | Breakfast for Lunch Mini Pancakes & Sausage Links Sakuma Strawberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Chicken Bacon Ranch Burgers Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Crispitos Flamas Sour Cream/Salsa Nonfat & 1% Milk Nonfat Chocolate Milk | Buffalo Chicken Pizza Caesar Side Salad Mini Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk |
| 27-Jan | 28-Jan | 29-Jan | 30-Jan | 31-Jan |
| No School!  | Cheese Stuffed Breadsticks Marinera Dipping Sauce Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Mandarin Orange Chicken Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Buffalo Bites Seasoned Fries  Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Pepperoni Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk  |

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



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.

