Green/White 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 Daily Bulletin

Wednesday, January 29th White Day



Weekly Bell Schedule January 28-31				
Monday	No School			
Tuesday	Green Day – Advisory Schedule Pick Up			
Wednesday	White Day			
Thursday	Green Day- Advisory			
Friday	White Day			

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!

Escuchen, Por favor!

If you are fluent in a language other than English, please come take the Spring Heritage Language test on Saturday, February 8th. It is the final test opportunity this year. Pick up a packet from Mrs. Gonzalez in Old Main 105. Turn-in deadline is THIS FRIDAY! There are only 70 spots available; ITS FIRST COME, FIRST SERVED.

-----SENIORS-----

SENIORS! Scholarship season is here!

The College and Career Center will host a scholarship lunch for all seniors tomorrow (1/31) during all three lunches. Lunch provided.

We look forward to seeing you tomorrow.

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.

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.

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.





Special *Growing Healthy Students!*

P						
Monday	Tuesday	Wednesday	Thursday	Friday		
6-Jan	7-Jan	8-Jan	9-Jan	10-Ja		
Beef Dippers	Buffalo Bites	Meatball Sub	Spicy Chicken Burger	French Bread Pizza		
Steamed Rice/Broccoli	Seasoned Potato Wedges	Chips	Seasoned Fries	Caesar Side Salad/Mini Rice Krispie		
Fortune Cookie	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar		
Salad & Fruit Bar	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat Chocolate Milk		
Nonfat & 1% Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk			
Nonfat Chocolate Milk						
13-Jan		15-Jan	16-Jan	17-Ja		
General Tso Chicken	Teriyaki Burger	White Chicken Chili	Popcorn Chicken	Variety Pizza		
Steamed Rice	Seasoned Potato Wedges	Tortilla Chips	Seasoned Fries	Caesar Side Salad/ MiniRice Krispie		
Egg Roll	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar		
Fortune Cookie	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat Chocolate Milk		
Salad & Fruit Bar	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	**************************************		
Nonfat & 1% Milk		* Lake		***************************************		
Nonfat Chocolate Milk		**************************************				
20-Jan	21-Jan	22-Jan	23-Jan	24-Ja		
NO SCHOOL!	Breakfast for Lunch	Chicken Bacon Ranch Burgers	Crispitos	Buffalo Chicken Pizza		
Martin Luther King Jr. Day	Mini Pancakes & Sausage Links	Seasoned Fries	Flamas	Caesar Side Salad		
	Sakuma Strawberries w/ whip	Salad & Fruit Bar	Sour Cream/Salsa	Mini Rice Krispie		
s	Salad & Fruit Bar	Nonfat & 1% Milk	Nonfat & 1% Milk	Salad & Fruit Bar		
********	Nonfat & 1% Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat & 1% Milk		
****	Nonfat Chocolate Milk			Nonfat Chocolate Milk		
27-Jan	28-Jan	29-Jan	30-Jan	31-Ja		
	Cheese Stuffed Breadsticks	Mandarin Orange Chicken	Buffalo Bites	Pepperoni Pizza		
No School!	Marinera Dipping Sauce	Steamed Rice/Broccoli	Seasoned Fries	Caesar Side Salad/Mini Rice Krispie		
3	Caesar Salad	Fortune Cookie	5 ***	Salad & Fruit Bar		
**************************************	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Nonfat Chocolate Milk		
***	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat & 1% Milk	w w		
•	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	<u> </u>		
•	Nomai chocolale Milk	Nonial Chocolate Milk	Homar chocolate with			
***	****		**************************************			
****	Each	lunch comes comple	te with			
salad bar or fresh vegetable, choice of fresh fruit, and milk!						
Constitution of the Consti						









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.