

Wednesday Advisory	
8:00 – 9:15	1 <sup>st</sup> /5 <sup>th</sup> Period
9:20 – 9:50	Advisory
9:55 – 11:10	2 <sup>nd</sup> /6 <sup>th</sup> Period
<b>11:15 – 11:45</b>	<b>Lunch A</b>
<b>11:50 – 1:10</b>	<b>3<sup>rd</sup>/7<sup>th</sup> Period</b>
11:15 – 11:50	3 <sup>rd</sup> /7 <sup>th</sup> Period
<b>11:55 – 12:25</b>	<b>Lunch B</b>
12:30 – 1:10	3 <sup>rd</sup> /7 <sup>th</sup> Period
<b>11:15 – 12:35</b>	<b>3<sup>rd</sup>/7<sup>th</sup> Period</b>
<b>12:40 – 1:10</b>	<b>Lunch C</b>
1:15 – 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

## Wednesday, March 11th

### Green Day



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

## NEWS UPDATES

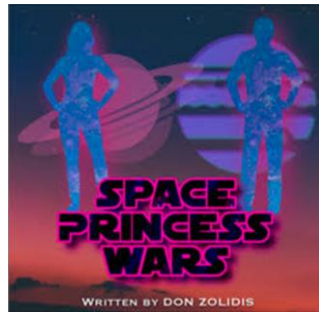
**Out of an abundance of caution, the MVHS cafeteria will no longer** be offering any self-service items, such as the salad bar, ketchup, jalapenos, lettuce, and fruit, due COVID 19 concerns. There are no confirmed cases of COVID 19 in Skagit County as of 3.10.20 @ 7:38am. We just want to ensure that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

### **ATTENTION 9TH AND 10TH GRADERS:**

Registration for next year will be in your science class starting this week. Check with your science teacher to see what day you will register.

### **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.

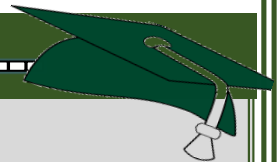


## ----- SENIORS -----

### **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!



## **Juniors! Are you planning to attend a four-year college**

after graduation? Now's the time to begin college planning! College Admission Testing, like the SAT or ACT are often taken in the spring of junior year. To register you will visit [sat.org](http://sat.org) or [act.org](http://act.org). If you are on free or reduced lunch you may get a fee waiver from Mrs. Bird in the College and Career Center. There will also be a College Admission Testing workshop during all three lunches on Friday March 13th

## **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.
- **Spotlight on Women in STEM** is focusing on female students grades 9-12 that have an interest in STEM and healthcare careers. The line-up of speakers will be different than last year - so even if you came last year - come again! March 26 (white day) from 8:15-1:30 with lunch included. Note this is an early release day so students will need to secure a ride home if they normally take a bus.
- **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

## **MVHS Boys Soccer Green and White Night**

This Friday March 13th @ 5pm, MVHS Stadium C Teams play and JV vs. Varsity play @ 7pm. Tickets are \$5 at the gate. We will be raffling off 3 gift baskets for \$10 a ticket with a lot of great items from our local sponsors.





# 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.