

Regular 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 "DOG DISH"

FRIDAY, NOVEMBER 3, 2017

GREEN DAY



WEEKLY BELL SCHEDULE 10/30-11-03	
Monday	Green Day
Tuesday	White Day
Wednesday	Green Day Advisory
Thursday	White Day
Friday	Green Day

## NEWS UPDATES

### Athletics

**CHEER Tryout Dates:**

**Saturday March 3rd 9-11am**

**Monday March 5th 6-8pm**

**Tuesday March 6th 6-8pm**

**FINAL tryout Wednesday March 7th 5pm—finish**

**\*Participants meet in Mat Room. Wear athletic clothing & shoes. MUST have all paperwork completed and turned into Athletic Office. In addition, a complete TRYOUT Packet must be turned into Mrs. Whitman. Information/Updates:**

**Instagram follow>> mvhsbulldogcheer**

- **The boys swim season begins on **Monday the 13th**. Practice is at 2:45 at the YMCA. No experience is needed, everything is taught at practice.**
- **Winter Sports start **11/13**. All paperwork and participating fees/ASB fees are due by **11/6**.**
- **Boys Basketball Open Gym is happening Tuesdays and Thursdays 7:30-9:00pm.**
- **Girls' locker room will be locked by 2:45. Make sure you clear out before then. This includes after school activities.**

### 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

## 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 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month after school in the library. Hope to see you there!**
- **Unity club is meeting **TODAY** from 2:30-3:30 in Portable 7.**
- **Poetry club will meet every Monday in OM204 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.
- If you do not have a senior portrait, Skagina will be doing a free basic portrait session November 7th & 8th during all three lunches in CT4.

## College & Career Center

Take a field trip on Nov 14th to BTC to learn more about their programs.  
Sign up in the College and Career Center.

## Attention Seniors

A UW Admission Rep will be here one last time on Friday the November 3rd to help seniors with their UW application in the library. She will be here from 11:00-3:30! UW Application deadline is Nov 15<sup>th</sup>!

# 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
<b>Sandwiches &amp; Pizza</b>	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
<b>Grill</b>	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
<b>WRAPS</b>	<b>BUILD YOUR OWN WRAP</b>	<b>BUILD YOUR OWN WRAP</b>	<b>BUILD YOUR OWN WRAP</b>	<b>BUILD YOUR OWN WRAP</b>	<b>BUILD YOUR OWN WRAP</b>
<b>Special</b>	<b>Daily Special</b>	<b>Daily Special</b>	<b>Daily Special</b>	<b>Daily Special</b>	<b>Daily Special</b>
<b>Salad Bar</b>	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.