



# FOOTHILL HIGH SCHOOL

## Home of the Trojans

### DAILY BULLETIN

#WeAreTrojans

#### DAILY BREAKFAST MENU

##### Main Entrée

- Bacon Breakfast Pizza
- Honey Bun
- Lucky Charms Cereal
- Honey Nut Cheerios
- Cinnamon Toast Crunch

##### Fruit

- Fruit Punch Juice
- Banana Petite

##### Milk

- 1% Low Fat Milk
- Lactaid Fat Free Milk
- Fat Free Chocolate Milk

#### DAILY LUNCH MENU

##### Main Entrée

- Chicken Salsa Bowl
- Galaxy Pepperoni Pizza
- Black Bean Burger
- Turkey and Cheese Sandwich
- Cheeseburger
- Spicy Chicken Sandwich
- Uncrustable PBJ Sandwich

##### Fruit

- Orange Slices IW
- Fresh Pear

##### Vegetables

- Bag Carrots & Broccoli
- Ranch Style Beans
- Sandwich Toppings

##### Milk

- 1% Low Fat Milk
- Fat Free Chocolate Milk
- Lactaid Fat Free milk

**TUESDAY, OCTOBER 19, 2021**

#### **CLUBS:**

Students interested in competing in the Kern County Science Fair in March, the Science Fair Club will be meeting on Thursday, October 21, afterschool from 2:45-3:45 in room 608. Not too late to join yet!

#### **TROJANS:**

AP tests need to be purchased in the finance office by October 20<sup>th</sup> if you plan to test in the Spring!

It's almost time for cheer tryouts. We will have an informational meeting next week, Keep listening or checking the school Instagram for more information.

today is Tuesday which means it's a turn it in Tuesday. If you have any green tickets or Trojan tokens to turn in, stop by the table outside of the activity office to drop those off today during lunch.

#### **SPORTS:**

##### Tuesday, Oct. 19

Volleyball – East (Senior Night) (FS 4:00 pm/JV 5:15 pm/Var 6:30 pm)  
Girls Tennis – at SEYL Championships (Bakersfield Racquet Club, Time TBD)  
Girls Golf – at SEYL Meet (North Kern GC, 1:00 pm)

##### Wednesday, Oct. 20

Girls Tennis – at SEYL Championships (BRC, Time TBD)  
Cross Country – at East (4:00 pm)

##### Thursday, Oct. 21

Volleyball – at Mira Monte (FS 4:00 pm/JV 5:15pm/Var 6:30 pm)

##### Friday, Oct. 22

Football – at East (JV 5:00 pm/Var 7:30 pm)

##### Saturday, Oct. 23

Cross Country – at Meadow Park Invitational

Girls basketball conditioning has begun. There's time to participate before tryouts on 10/25. For more information please visit Mr. Secrist at room 701.

Tonight is senior night for our volleyball team. Come on out to the gym and support our ladies as they play their last home game. Games start at 4, varsity starts around 6. Remember that your ASB sticker gets you in free to all regular season games.

#### **SENIORS:**

Seniors, did you miss the deadline to take your Senior Portrait with InMotion studios? Not to fear. Make-up portraits will take place next Wednesday 10/20 in your Gov/Econ classes. The Yearbook portrait is free but if you wish to purchase it, forms are available in your gov/econ classes.



**WELCOME BACK  
TROJANS!**

**10/18/21 – 10/22/21**

**MONDAY**

**EARLY OUT SCHEDULE**

**7:29 AM-1:29 PM**

**TUESDAY-FRIDAY**

**7:29 AM-2:29 PM**