



# FOOTHILL HIGH SCHOOL

## Home of the Trojans

### DAILY BULLETIN

**#WeAreTrojans**

#### DAILY BREAKFAST MENU

##### Main Entrée

- Turkey Ham Muffin Sandwich
- Banana Muffin
- Lucky Charms Cereal
- Honey Nut Cheerios
- Cinnamon Toast Crunch

##### Fruit

- Fruit Punch Juice
- DOD apple slices

##### Milk

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

#### DAILY LUNCH MENU

##### Main Entrée

- Turkey & Gravy over Potatoes
- Galaxy Pepperoni Pizza
- Black bean Burger
- Turkey and Cheese Sandwich
- Cheeseburger
- Spicy Chicken Sandwich
- Uncrustable PBJ Sandwich

##### Fruit

- Cantaloupe ½ Cup Bagged
- Strawberry Kiwi Juice

##### Vegetables

- Jicama Chunks
- Mixed Vegetables
- Sandwich Toppings

##### Milk

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

**THURSDAY, OCTOBER 21, 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:

Freshmen and sophomores, stop by the Link Crew table at lunch on Friday to join our scavenger hunt. Stop by and grab an information sheet, look for Foothill locations and earn a prize. See you on Friday!

Attention all Trojans! Your Link Crew is holding our Halloween Carnival on Oct 27th from 5:30 to 8:30. This event will have games, food and crafts! The entire family is welcome so bring everyone of all ages to have a spooky good time! Tickets are on sale in the finance office for \$2 or find a link leader who is selling. Hurry now because the price will go up to \$4 at the gate. See you there!

Are you ready to get your spirit on and try out for Foothill's cheer squads? We will have an informational meeting Tuesday after school in the auditorium. Tryouts begin on the 1<sup>st</sup> so make sure you come to our meeting on Tuesday for more information.

coming up next week is our next rally and spirit week. We will have dress up days and games at lunch. More details will be announced tomorrow and later today on our Instagram. Get ready to get hyped.

Tomorrow is the last day of the quarter and the last day to earn points before we find out which class is our class winner for the quarter and will get a special treat. Currently the seniors are in the lead and the freshmen in 2<sup>nd</sup> place for the students, and Team Gold is in the lead for staff. Tomorrow is your last chance to earn points for this quarter and all you have to do is wear black and gold and check in at the table outside the activities office. Who will be our quarter one winners?

#### SPORTS:

##### 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



**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**