



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

- Meatloaf with mash potatoes
- Chicken Filet Salad
- Extreme Burrito
- Turkey and Cheese Sandwich
- Cheeseburger
- Spicy Chicken Sandwich
- Uncrustable PBJ Sandwich

Fruit

- Grapes IW

Vegetables

- Mixed Vegetables
- Carrots Chili/Lime
- Sandwich Toppings

Milk

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

TUESDAY, OCTOBER 5, 2021

SPORTS:

Tuesday, Oct. 5

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

Girls Tennis - @ North (3:30 pm)

Wednesday, Oct. 6

Cross Country – North (4:00 pm)

Thursday, Oct. 7

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

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

Girls Tennis – Highland (3:30 pm)

Friday, Oct. 8

Girls Tennis - @ Wasco Tourney (Time TBD)

Saturday, Oct. 9

Girls Tennis - @ Wasco Tourney (Time TBD)

Cross Country - @ Santa Clarita Inv (Bus 6:00 am)

**WELCOME BACK
TROJANS!**

10/4/21 – 10/8/21

**MONDAY-FRIDAY
REGULAR SCHEDULE**

7:29 AM-2:29 PM

Conditioning for all girls interested in playing soccer who are not currently in a fall sport will start on Monday, Oct. 11, at 3:00 pm. We will meet at the JV girls' softball field. You must have your physical and athletic packet turned in to the athletic office before starting conditioning.

There will be a meeting for all students interested in boys or girls golf this Thursday during lunches. 4th period lunch will meet in the weight room and 5th period lunch will meet in room 1006.

Attention Trojans. No food or drinks from the outside, including Uber Eats, will be allowed to be delivered, even if you have already paid.

TROJANS:

Sophomores and Juniors the PSAT will be October 13th. If you are interested in taking it, it will cost \$5. You can go to finance to sign up. If you have any questions, please come by the counseling office.

It's October and that means it is Breast Cancer Awareness Month. Foothill is kicking off this month with Pink Out games for volleyball, tennis, and football this Thursday here at Foothill. In fact, we want to pink out the school day on Thursday so tomorrow your ASB will be set up in the quad with pink gear and items to purchase with proceeds being donated to breast cancer charities. Stop on by and see us tomorrow and wear pink on Thursday.