



# FOOTHILL HIGH SCHOOL

## Home of the Trojans

### DAILY BULLETIN



#### #WeAreTrojans

#### DAILY BREAKFAST MENU

##### Main Entrée

- Peach Parfait
- Apple Cinnamon Oatmeal Round
- Lucky Charms Cereal
- Honey Nut Cheerios
- Cinnamon Toast Crunch

##### Fruit

- Grapes IW
- Strawberry Kiwi Juice

##### Milk

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

#### DAILY LUNCH MENU

##### Main Entrée

- Orange Chicken & Brown Rice Bowl
- 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

#### WEDNESDAY, OCTOBER 6, 2021

##### CLUBS:

The chess club is ready to start meeting and we want you to join us. We will meet Tuesdays and Thursdays afterschool in room I-14. See you there.

11th and 12th grade writing club members will meet in 807 tomorrow after school.

##### SPORTS:

##### 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)

Girls/Boys golf meeting this Thursday: 4<sup>th</sup> period lunch Weight room, 5<sup>th</sup> period lunch Mr. Clark's room #1006

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.

**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 13<sup>th</sup>. 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.

Tomorrow we have volleyball, football, and tennis all at home and we are going pink for breast cancer awareness. Wear pink to school and to the games and let's support our Trojans.

#### WELCOME BACK TROJANS!

10/4/21 – 10/8/21

#### MONDAY-FRIDAY

#### REGULAR SCHEDULE

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