



# FOOTHILL HIGH SCHOOL

## Home of the Trojans

### DAILY BULLETIN

**WEDNESDAY, NOVEMBER 3, 2021**

**#WeAreTrojans**

#### **DAILY BREAKFAST MENU**

##### **Main Entrée**

- Peach Parfait
- Cinnamon Roll
- Lucky Charm Cereal
- Cinnamon Toast Crunch
- Honey Nut Cheerios

##### **Fruit**

- Strawberry Kiwi Juice
- Grape Cello

##### **Milk**

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

#### **DAILY LUNCH MENU**

##### **Main Entrée**

- Chicken Strips w/ Fries
- Chicken Filet Salad
- Extreme Burrito
- Ham Sandwich
- Cheeseburger
- Spicy Chicken Sandwich
- Uncrustable PBJ Sandwich

##### **Fruit**

- Pear
- Banana Petite

##### **Vegetables**

- Ranch Style Beans
- Bagged Carrots

##### **Milk**

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

### **TROJANS**

Hey Trojans. Remember when Stay Focused came and gave away stuffed animals in September? They will be on our campus this Wednesday after school. If you are interested in participating in their three-week program, please call 322-HOPE to get more information.

Seniors! Need free money for college? Don't forget to attend the Cash4College night Monday November 8th from 4-8 in the Career Center. If you have any questions, please see Mrs. Amezcuia in the Career Center.

Attention students, starting November 15<sup>th</sup>, you will no longer be able to connect personal devices to the school Wi-Fi during the school day. You will still have access to the Wi-Fi for personal devices after school hours.

11<sup>th</sup> grade Lady Trojans...are you interested in being a part of a mentoring program with Kern County business women? The R.O.S.E. Mentor program is for young women who want to grow and reach their full potential. If accepted, you will be matched with a mentor and attend monthly workshops and attend the Bakersfield Women's Business Conference at the end of the year. It is an exciting program to help empower you and show you your true potential. The program is 2 years long and is a very exciting and empowering program. If you are interested in being a part of this program, please email or request to see me Ms. Ward know in the Counseling office as soon as possible.

Cheer tryouts begin on Monday; if you need the paperwork or more information, stop by the activities office at lunch or after school.

Quick reminder about this Friday's home football playoff game against West. All tickets must be purchased digitally using the GoFan app or going to their website. More information is available under the quick links tab on our website or the link in our Instagram bio. Let's pack the stands and support our Trojans.

### **SPORTS**

Friday, Nov. 5

Football – Division IV Playoffs vs. West @ 7:00pm

Saturday, Nov. 6

Cross Country -Kern County Invitational @ Hart Park

Winter sports (basketball, soccer, and wrestling) have started. If you are interested in playing any of these sports, please see the coach or stop by the Athletic Office for more information.