



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN



WEDNESDAY, SEPTEMBER 15, 2021

#WeAreTrojans

DAILY BREAKFAST MENU

Main Entrée

- Pancake Sausage on a Stick
- Apple Nada
- Lucky Charms Cereal
- Honey Nut Cheerios
- Cinnamon Toast Crunch

Fruit

- Strawberry Kiwi Juice
- Grapes IW

Milk

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

DAILY LUNCH MENU

Main Entrée

- Orange chicken & Brown Bowl
- Chicken Filet Salad
- Extreme Burrito
- Turkey and Cheese Sandwich
- Cheeseburger
- Spicy Chicken Sandwich
- Un crustable PBJ Sandwich

Fruit

- Strawberry Kiwi Juice
- Grapes IW

Vegetables

- Carrots chili/Lime
- Mixed Vegetables
- Sandwich Toppings

Milk

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

CLUBS:

Mindful Mondays group will start next week in room I-13! Are you interested in learning ways to reduce stress and increase calmness in your life? In today's rush, we all think too much, seek too much, and forget about the joy of just being! Come join us in room I-13 to learn ways to slow down and start enjoying the best version of yourself! See Mrs. Caceres in Counseling for more information.

TROJANS:

Seniors, Juniors, & Sophomores Don't miss out on this great opportunity to get tips and study materials for the upcoming SATs. It will help prepare you for the SAT (seniors) and PSAT (juniors and sophomores) We will be offering an SAT Prep Workshop on **Saturday, September 25th from 9 am-3 pm in the FHS library.** You will get important information on the SAT from an SAT expert, along with study materials and practice tests. If you are interested, go by the finance office and pay \$10. Many universities are still requiring students take the SAT to apply and those that have put it on hold are still recommending students take the SAT for class placement and grants/scholarships. If you have any questions, come by the counseling office and see Mrs. Martin

Seniors if you missed cap and gown orders yesterday, you can order online or go to the store downtown. For more information, check out the location and QR code on the flyer.

Trojans, have you purchased your class package yet? The deadline to make a down payment and save money on things like your yearbook, prom, class shirt, and more is coming up on October first so be sure to head to the finance office and reserve yours soon.

****IDs will now be distributed in the Textbook Office****

SPORTS:

Tuesday, Sept. 14

- Volleyball – vs. Delano (FS/JV/Var – 4:00 pm/5:15 pm/6:30 pm)
- Girls Tennis – vs. South (Varsity only – 4:00 pm)
- Girls Golf - @ SEYL Tourney #2 (River lakes GC – 12:00 pm)

Thursday, Sept. 16

- Volleyball - @ Independence (FS/JV/Var – 4:00 pm/5:15 pm/6:30 pm)
- Girls Tennis - @ North (Varsity only - 4:00 pm)
- Football - @ Rosamond (Varsity only – 7:00 pm)

Saturday, Sept. 18

- Volleyball – JV @ Golden Valley Tourney 9:30 am

There will be a quick baseball informational meeting in room I-32 immediately after school on Friday 9/17? This is also a reminder to have all paperwork turned in for this sports season before we begin fall baseball workouts.

**WELCOME BACK
TROJANS!
9/13/21 – 9/17/21**

**MONDAY-FRIDAY
REGULAR SCHEDULE
7:29 AM-2:29 PM**