



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN



#WeAreTrojans

DAILY BREAKFAST MENU

Main Entrée

French Toast Sticks
Cinnamon Coffee Crumble

Lucky Charm Cereal

Cocoa Puffs Cereal

Honey Nut Cheerios

Fruit

Strawberry Kiwi Juice
Granny Smith Apple

Milk

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

DAILY LUNCH MENU

Main Entrée

Popcorn Chicken Bowl
Chicken Caesar Salad
Extreme Burrito
Turkey, and Cheese Sub
Cheeseburger
Spicy Chicken Sandwich
Uncrustable PB&J Sandwich

Fruit

Petite Banana
Pear

Vegetables

Green Beans
Sliced Cucumbers

Milk

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

MONDAY, OCTOBER 10, 2022

TROJANS

Trojans, this week is the last week of Hispanic Heritage Month, and we want to invite you to join us each day at lunch for a special activity. Today head over to the tables in front of the library to make papel picado. And this Wednesday, be sure to bring some extra cash with you to enjoy some cultural foods for purchase during lunch.

Trojans, save the date of Friday, October 28th for a Halloween Dance. Tickets will go on sale Wednesday and more information will be coming soon.

CLUBS

The Astronomy club is meeting at lunch in room 605. New members welcome.

Drama Club is finally back in person! Come Thursday, Oct. 13 at lunch in room L3, at the back of the auditorium! We will play some Improv Games! See you then!

SPORTS

Girls Basketball season is here! If you're interested in participating this week is mandatory conditioning if you're not participating in a fall sport. Meet at the Foothill gymnasium today at 6:15pm. Please sure your sports packet is cleared by our athlete department. If you're on time you're late. For more information contact Coach Contreras.

Tuesday, Oct. 11

Volleyball: vs. Del Oro (AT Golden Valley HS); FS and JV only (4:00pm/5:00pm); bus at 2:00pm, excused at 1:45pm

Girls Tennis: Varsity vs. Golden Valley (3:30pm, excused at 2:30pm) SENIOR NIGHT; JV at Golden Valley (3:30pm); vans 2:30pm, excused at 2:15pm

Wednesday, Oct. 12

Girls Golf: at SYHL Meet #5 (Sundale GC 12:00pm, van 10:00am, excused 9:45am)
Cross Country: at Arvin (4:00pm); bus at 2:30pm, excused at 2:15pm

Thursday, Oct. 13

Volleyball: vs. Arvin (FS 4:00pm/JV 5:00pm/Var 6:15pm); FS excused at 3:00pm

Girls Tennis: Varsity at Mira Monte (3:30pm, van 2:30pm, excused 2:15pm); JV vs. Mira Monte (3:30pm, excused 2:30pm) SENIOR NIGHT

Friday, Oct. 14

Football: at Arvin (JV 5:00pm/Var 7:30pm); JV bus 2:00pm, excused 1:45pm;
Varsity bus to Arvin 5:00pm; VANS returning varsity

Cross Country: at Roughrider Invitational (Woodward Park – Clovis); bus at 10:30am, excused at 10:15am

WELCOME BACK TROJANS!

10/3/22 – 10/7/22

MONDAY Early Out

TUESDAY- FRIDAY 8:30 AM-3:25PM

MONDAY Instrumental Music Concert @ 6:30pm & Lunch Activity Crafts: Papel Picado

TUESDAY Choral Music Concert @ 6:30pm & Lunch Activity Crafts: Paper Crowns

WEDNESDAY Blood Drive & Cultural Food Sale

THURSDAY Lunch Activity Performances: Mariachi and Folklorico

FRIDAY Lunch Activity Performance: Grupo & Senior Panoramic Picture during 2nd Period