



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN

WEDNESDAY, OCTOBER 12, 2022

#WeAreTrojans

DAILY BREAKFAST MENU

Main Entrée

Pancake Sausage on a Stick

Apple Nada

Lucky Charm Cereal

Cocoa Puffs Cereal

Honey Nut Cheerios

Fruit

Strawberry Kiwi Juice

Grapes

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

Taco Nada

Turkey, and Cheese Sub

Cheeseburger

Spicy Chicken Sandwich

Uncrustable PB&J Sandwich

Fruit

Apple Sauce Unsweetened

Orange

Vegetables

Ranch Style Beans

Bagged Carrots

Milk

1% Low Fat Milk

Lactaid Fat Free Milk

Fat Free Chocolate Milk

TROJANS

Seniors – this Friday during 2nd period we will be taking the senior panoramic picture. We encourage you to wear your favorite FHS shirt or swag and let's make sure the picture of the class of 2023 shows our Trojan Pride.

Sophomores and Juniors, if you are interested in taking an ROC or CTEC program next school year the representative will be on campus October 25th during lunch by the snack bar. Stop by and ask your questions and find out when the application will open.

Trojans, we hope you had some fun with our last 2 craft days at lunch to help celebrate Hispanic Heritage Month. Today at lunch join us in the quad to purchase some treats with a cultural food day.

We will be holding a Halloween dance on Friday, October 28th. Tickets for the dance will be \$8 for students with an ASB sticker and \$10 without. And for a limited time, you can add a ticket to the Link Crew Carnival for just a dollar more. Check the school Instagram later this afternoon for more details.

CLUBS

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!

Star Wars Club is meeting Thursdays during lunch in room 708. We will be voting, setting goals, listing possible club activities, and watching The Mandalorian.

Would you be willing to brighten someone's day? Come eat lunch and hangout with our Special Friends! You can earn community service time for your participation. See Mr. Anthony in 820.

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 6:00pm. 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.

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); bus 10:30am, excused 10:15am