



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN

MONDAY, OCTOBER 17, 2022

#WeAreTrojans

DAILY BREAKFAST MENU

Main Entrée

Breakfast Sandwich
Pan Dulce

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

Meatball Sub
Chicken Caesar Salad
Extreme Burrito

Turkey, and Cheese Sub
Cheeseburger

Spicy Chicken Sandwich
Uncrustable PB&J Sandwich

Fruit

Petite Banana
Pear

Vegetables

Zucchini Coins
Ranch Style Beans

Milk

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

TROJANS

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

Spooky season is upon us Trojans and we have 2 fun ways for you to celebrate next week. On Wednesday the 26th join us for a family friendly event as we host the annual Link Crew Carnival. Tickets can be purchased ahead of time for \$3 or at the event for \$5. And then on Friday the 28th we have our Halloween Dance. Tickets for the dance must be purchased ahead of time as tickets will NOT be sold at the door. Tickets are \$8 for students with an ASB sticker and \$10 without. You can also take advantage of the Spooky Special and get your dance and carnival tickets together and save money. Combine your dance and carnival ticket for just \$9 with an ASB sticker and \$11 without. See the finance office or school Instagram for more information.

CLUBS

Art club meeting this Thursday during lunch in room 1001, come by to make some art and have some fun, all students are welcome.

SPORTS

Girls' soccer conditioning has started. You must have a physical and athletic packet turned in to the athletic office in order to participate. If you are interested in playing soccer this year, please come to room 701 and get more information from Coach Garcia.

There will be an informational baseball meeting on Wednesday, October 19th in room 709 @ lunch. Anyone interested in playing baseball this year should attend.

Tuesday, Oct. 18

Volleyball: vs. Golden Valley; FS 4:00pm/JV 5:00pm/Var 6:15pm (SENIOR NIGHT)

Wednesday, Oct. 19

Cross Country: at Golden Valley; 4:00pm; Bus 2:00pm (excused at 1:45pm)
Girls Tennis: SYHL Championships; Var at Mira Monte 11:00am (excused 9:30am); JV at Foothill 11:00am (excused at 9:45am)

Thursday, Oct. 20

Volleyball: at Mira Monte; FS 4:00pm/JV 5:15pm/Var 6:15pm; bus 2:00 (excused 1:45pm)
Girls Tennis: SYHL Championships; Var at Mira Monte (Time TBD); JV at Foothill 1:00pm (excused at 11:45am)

Friday, Oct. 21

Football: at Golden Valley; JV 5:00pm/Var 7:30pm; bus for JV 2:00pm (excused at 1:45pm); bus for Vars 5:00pm, return to Foothill in vans

Saturday, Oct. 22

Cross Country: at Meadow Park Invitational (San Luis Obispo); bus 5:00am