



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN



#WeAreTrojans

DAILY BREAKFAST

MENU

Main Entrée

Breakfast Sandwich

Cinnamon Swirls

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 Cholcolate Milk

DAILY LUNCH

MENU

Main Entrée

Meatball Sub

Chicken Caesar Salad

Extreme Burrito

Turkey, American Cheese Sandwich

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 Cholcolate Milk

MONDAY, OCTOBER 3, 2022

TROJANS

Finally, after almost 3 years, we are excited to bring back Blood Drives to campus! In less than one hour, you can help save 3 lives by donating blood right here on campus. Mark your calendar for October 12! For more information or to pick up a permission slip, stop by Ms. Miller's office in the Counseling office. Thank you to those who have already turned in their forms! On October 11th, you will get your appointment time emailed to you so make sure to check your school email! On the day of the Blood Drive, you will get a call slip with your appointment time, so your teachers know to let you come down. There is still plenty of time to sign up!

Students, if you need some community service hours, stop by Room 608 for information. You would be helping at a pumpkin patch at the church on Niles and Oswell.

Looking to volunteer and earn some community service hours this weekend? The Cruizin 4 Charity Car show is looking for volunteers for Friday evening & Saturday. Please see Ms. Ward in the counseling office if you are interested.

CLUBS

Math Club will meet during lunch Tuesday October 4th in Ms. Neville's room 716. See you then!

SPORTS

Fall Athletes, this Friday after school will be your picture day. See your coach or the athletic office for picture ordering information.

Monday, Oct. 3

Girls Golf: SYHL Meet #4 (Buena Vista GC 1:00pm) – leave at 10:00am; excused at 9:45am

Tuesday, Oct. 4

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

Girls Tennis: Varsity at Kennedy (Delano – excused at 2:00pm); JV vs. Del Oro (excused at 3:00pm)

Wednesday, Oct. 5

Girls Tennis: vs. Independence (Var 4:00pm – excused at 3:00pm); JV at Independence (4:00pm – leave at 2:45pm, excused at 2:30pm)

WELCOME BACK TROJANS!

10/3/22 – 10/7/22

MONDAY

Early Out

TUESDAY- FRIDAY

8:30 AM-3:25PM

Cross Country: Dual meet vs. Del Oro (4:00pm – excused at 3:00pm)

Thursday, Oct. 6

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

Girls Tennis: Varsity vs. Arvin (4:00pm – excused at 3:00pm); JV at Arvin (4:00pm – leave at 2:45pm, excused at 2:30pm)

Friday, Oct. 7

Fall Sports Pictures – all fall sports except football, After school at various sites on campus

Saturday, Oct. 8

Cross Country – at Santa Clarita Invitational (bus 6:00am)

