



# 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 Chocolate 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 Chocolate 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 4<sup>th</sup> 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)

