



# FOOTHILL HIGH SCHOOL

## Home of the Trojans

### DAILY BULLETIN



#### #WeAreTrojans

##### DAILY BREAKFAST MENU

###### Main Entrée

Turkey Chorizo Bagel  
Honey Bun  
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

Orange Chicken & Fried Rice  
Chicken Filet Salad  
Taco Nada  
Extreme Burrito  
Turkey, American Cheese  
Sandwich  
Cheeseburger  
Spicy Chicken Sandwich  
Uncrustable PB&J Sandwich

###### Fruit

Applesauce Unsweetened  
Orange

###### Vegetables

Mixed Vegetables  
Bagged Carrots

###### Milk

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

WEDNESDAY, OCTOBER 5, 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

Art club meeting this Thursday! We will be announcing officers and have an art activity to do all are welcome! Meet at lunch in room 1001.

History club meeting will be Thursday at lunch in Mr. Rose's classroom (Rm 912) We will be electing officers, going over some of the activities for this year!! All students are welcome!! Come join the fun!!! History club!!

Anime Club is starting up! We will be having our first meeting in room 816, this Friday October 7. All Student are welcome to attend!

#### SPORTS

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

#### WELCOME BACK TROJANS!

10/3/22 – 10/7/22

##### MONDAY

Early Out

##### TUESDAY- FRIDAY

8:30 AM-3:25PM

##### WEDNESDAY

Senior

Parent/Guardian

Info Night @ 6pm in  
the Auditorium

##### THURSDAY

Coffee With the  
Principal: 9am &  
6pm @ cafeteria

##### FRIDAY

Staff Breakfast by  
the English Dept.

**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)

