



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN

WEDNESDAY, NOVEMBER 9, 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
Un crustable PB&J Sandwich

Fruit

Applesauce Unsweetened
Orange

Vegetables

Ranch Style Beans
Bagged Carrots

Milk

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

TROJANS

Starting in January, The GET bus will be offering free rides for Kern High School students. But in order to cash in on these free rides, you must have your school ID. So, if you have not taken an ID picture yet, make sure you do so! Report to the textbook room before or after school or at lunch to take your ID photo.

InMotion will take walk-in appointments from 11-6 through November 11th. IF YOU ARE A SENIOR AND HAVE NOT TAKEN YOUR YEARBOOK PHOTO, YOU MUST GO TO INMOTION BY NOVEMBER 10TH OR YOUR PICTURE WILL NOT BE IN THIS YEAR'S YEARBOOK

Seniors, please look at your email. You have an invitation to vote for Senior Superlatives. Also, you have received an invitation to submit a baby picture and senior quotes that will be placed under your senior photo in this year's yearbook.

For any questions regarding the yearbook, see Ms. Folsom in room 818.

Cheer tryouts will begin on Monday at 2:45. For more information check the school Instagram for updates or stop by the Activity Office today during lunch or after school.

CLUBS

Have you ever played 4-person chess? Did you know that was a thing? Well, stop by during the weekly chess meeting to learn more about it and play! The meeting will be held on Wednesday during lunch in room 909

Hey gamers! We will be having Game Club at lunch this Thursday in room I-10. Bring your games and your friends and come and have some fun! D&D will be meeting after school Thursday as well, so we hope to see you there!

SPORTS

Wednesday, Nov. 9

Girls Basketball – Scrimmage vs. Stockdale (FS 4:00pm/JV 5:15pm/Var 6:30pm)
Girls Soccer – Scrimmage vs. Wasco (JV 4:30pm/Var 6:00pm)

Thursday, Nov. 10

Cross Country: Boys/Girls League Championships; at Hart Park 11:00am (bus

Saturday, Nov. 12

Wrestling – JV Boys/Girls at South Tourney (9:00am – 2 vans)



WELCOME BACK TROJANS!

11/7/22 –
11/11/22

MONDAY

Early Out

TUESDAY-THURSDAY

8:30 AM-3:25PM

FRIDAY

No School