



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN

MONDAY, NOVEMBER 14, 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

Taco Stick

Chicken Caesar Salad

Extreme Burrito

Black Bean Burger

Turkey, and Cheese Sub

Cheeseburger

Spicy Chicken Sandwich

Uncrustable PB&J Sandwich

Fruit

Petite Banana

Pear

Vegetables

Mexican Street Corn

Steamed Broccoli

Milk

1% Low Fat Milk

Lactaid Fat Free Milk

Fat Free Chocolate Milk

TROJANS

Today is the day! Cheerleading tryouts begin at 2:45 today in the quad. Come on out and be a part of FHS Cheer.

Seniors, this week is the deadline to submit baby pictures and quotes for the yearbook. Information has been sent to you in your school email. Be sure to check it and be in the know.

Trojans, starting in January, The GET bus will be offering free rides for Kern High School students but you need your school ID to cash in on these free rides. If you need to get an ID, stop by the textbook room before school, at lunch, or after school.

CLUBS

Hey Trojans, this week on Wednesday the 16th will be our FFA Popcorn and Degrees Chapter meeting, it will start at 5:01pm in the cafeteria. Please join us as we recognize our outstanding freshman class. Afterwards, we will eat popcorn and watch movies in the 1000's wing. Can't wait to see you there!

SPORTS

Monday, Nov. 14

Boys Basketball: at Monache (FS 4:30pm/JV 5:30pm/Var 7:00pm); bus 2:00pm (excused 1:45pm)

Fall Athletic Awards: 6:00pm in the Peg Pauly Auditorium

Tuesday, Nov. 15

Girls Basketball: vs. Quartz Hill (JV 5:15pm/Var 6:30pm)

Boys Soccer: vs. South (FS 3:30pm/JV 4:30pm/Var 6:00pm)

Girls Soccer: at Washington Union (JV 4:00pm/Var 6:00pm); bus 1:00pm (excused 12:45pm)

Thursday, Nov. 17

Boys Basketball: JV at Liberty Tourney; bus 2:00pm (excused 1:45pm)

Girls Basketball: at Woodlake (JV 5:15pm/Var 6:30pm); bus 2:00pm (excused 1:45pm)

Boys Soccer: at Delano (JV 4:30pm/Var 6:00pm); bus 2:00pm (excused 1:45pm)

Girls Soccer: FS vs. East (3:30pm, excused 2:30pm); JV/Var vs. Delano (JV 4:30pm/Var 6:00pm)

Friday, Nov. 18

Boys Basketball: Var at Mira Monte Tourney (bus 12:45pm, excused 12:30pm)

Girls Basketball: JV at Foothill Tourney (3:00pm, excused 1:45pm); FS at West Tourney (bus 2:00pm, excused 1:45pm)

Saturday, Nov. 19

Boys Basketball: Var at Mira Monte Tourney (Bus TBD); JV at Liberty Tourney (Bus TBD)

Girls Basketball: JV at Foothill Tourney (Game Time TBD); FS at West Tourney (Bus TBD)

Girls Wrestling: at Redwood Tourney (2 vans)