



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN

MONDAY, NOVEMBER 28, 2022

#WeAreTrojans

DAILY BREAKFAST MENU

Main Entrée

French Toast Sticks
Cinnamon Coffee Crumble
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

Popcorn Chicken Bowl
Chicken Caesar Salad
Extreme Burrito
Turkey, and Cheese Sub
Cheeseburger
Spicy Chicken Sandwich
Uncrustable PB&J

Sandwich

Fruit

Petite Banana
Pear

Vegetables

Sliced Cucumber
Ranch Style Beans

Milk

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

Welcome Back Trojans!!!

TROJANS

We hope you all had a great break and are back and ready to make the last 3 weeks of the semester good ones. Remember that it is never too late to bring up your grades and get help. After school tutoring takes place every Tuesday, Wednesday, and Thursday from 3:45-4:45 in the FHS Cafeteria. Come on by and get some help or have a dedicated space to get your work done before you go home.

Are you looking for a new way to express yourself and learn some new skills? The Foothill Colorguard is looking to add a few more members to their winter production. If you are interested in trying out for colorguard, join tomorrow evening for auditions in the cafeteria at 5:30. See the post on Instagram for more information.

Remember that your ASB sticker gets you in free to all home athletic events and any away games at a any school in the Kern High School District. If you don't already have your ASB sticker and plan on attending at least a few games this season, you can still purchase your sticker for \$20 at the finance office and save yourself the hassle of needing money for every game and save money at the same time.

SPORTS

Monday, Nov. 28

Boys Basketball: at Mission Oak (FS 4:00pm/JV 5:15pm/Var 6:30pm); bus 1:30pm (students excused 1:15pm)

Girls Basketball: vs. Mission Oak (FS 4:00pm/JV 5:15pm/Var 6:30pm)

Tuesday, Nov. 29

Boys Soccer: at Liberty (FS 3:30pm/JV 4:45pm/Var 6:00pm)

Wednesday, Nov. 30

Boys Basketball: at Delano (FS 4:00pm/JV 5:15pm/Var 6:30pm); bus 2:00pm (students excused 1:45pm)

Girls Basketball: Varsity at Corcoran Tourney (3:30pm); 2 vans 1:00pm (students excused 12:45pm)

Boys/Girls Wrestling: vs. Liberty (JV 5:00pm/Girls 6:00pm/Boys 7:00pm)

Girls Soccer: vs. Woodlake (JV 4:30pm/Var 6:00pm)

Thursday, Dec. 1

Girls Basketball: Varsity at Corcoran Tourney (3:30pm); 2 vans 1:00pm (students excused 12:45pm); FS at Independence Tourney (4:00pm), bus at 2:00pm, (students excused at 1:45pm)

Boys Soccer: vs. Highland (FS 3:30pm/JV 4:45pm/Var 6:00pm)

Girls Soccer: at Highland (FS 3:30pm/JV 4:45pm/Var 6:00pm); bus at 2:00pm (students excused at 1:45pm)

Friday, Dec. 2

Boys Basketball: FS at Foothill Tourney (4:40pm)

Girls Basketball: Varsity at Corcoran Tourney (6:30pm); 2 vans 4:00pm; FS at Independence Tourney (4:00pm), bus at 2:00pm, (students excused at 1:45pm)

Girls Wrestling: at Monache Tourney (2 vans 6:00am)

Saturday, Dec. 3

Boys Basketball: FS at Foothill Tourney (Time TBD)

Girls Basketball: Varsity at Corcoran Tourney (2 vans – Time TBD); FS at Independence Tourney (bus TBD)

Girls Wrestling: at Monache Tourney (2 vans 6:00am)

