



# FOOTHILL HIGH SCHOOL

## Home of the Trojans

### DAILY BULLETIN



#### #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  
Black Bean Burger  
Turkey, and Cheese Sub  
Cheeseburger  
Spicy Chicken Sandwich  
Uncrustable PB&J Sandwich

##### Fruit

Petite Banana  
Pear

##### Vegetables

Green Beans  
Sliced Cucumber

##### Milk

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

**MONDAY, NOVEMBER 7, 2022**

#### TROJANS

Seniors who have still not take a picture with InMotion (either at the studio or at school on 10/25): This is your LAST CHANCE to take a makeup picture. InMotion Studio @ 211 S. Montclair St. Open for walk-ins Tues-Friday, 11am-5pm. \*No appointment Needed but you can still make an appointment for an upgraded photo shoot. Deadline is November 11.

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.

Trojans, due to the rain we will have for the next 3 days, cheer tryouts have been moved to next week. More information will be out soon.

#### CLUBS

Hey Trojans, did you know it's Native American Heritage Month? If you're interested about what that means or are just curious and what to know more about Native American culture join The Native American Culture Club who will be having our first meeting Tuesday at lunch in room 915.

Art club meeting this Tuesday 11/8 at lunch in room 1001 come do an art activity and have some fun, all are welcome!

#### SPORTS

##### Tuesday, Nov. 8

Boys Basketball – Scrimmage vs Ridgeview (FS 4:00pm/JV 5:15pm/Var 6:30pm)  
Girls Basketball – Scrimmage at Ridgeview (FS 4:00pm/JV 5:15pm/Var 6:30pm)  
Boys Soccer – Scrimmage vs Ridgeview (FS 3:30pm/JV 4:30pm/Var 6:00pm)  
Girls Soccer – Scrimmage at Ridgeview (FS 3:30pm/JV 4:30pm/Var 6:00pm)

##### 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

##### Saturday, Nov. 12

Wrestling – JV Boys/Girls at South Tourney

#### WELCOME BACK TROJANS!

11/7/22 –  
11/11/22

##### MONDAY

**Early Out**

##### TUESDAY-THURSDAY

**8:30 AM-3:25PM**

##### FRIDAY

**No School**