



# FOOTHILL HIGH SCHOOL

## Home of the Trojans

### DAILY BULLETIN



#### #WeAreTrojans

##### DAILY BREAKFAST MENU

###### Main Entrée

Country Breakfast Calzone  
Cinnamon Coffee Crumble

Lucky Charm Cereal  
Cinnamon Toast Crunch  
Honey Nut Cheerios

###### Fruit

Strawberry Kiwi Juice  
Apple Pink Lady

###### Milk

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

##### DAILY LUNCH MENU

###### Main Entrée

BBQ Pulled Pork Sandwich  
Chicken Cesar Salad  
Extreme Burrito  
Turkey and Cheese Sandwich  
Cheeseburger  
Spicy Chicken Sandwich  
Unrustable PB&J Sandwich

###### Fruit

Petite Banana  
Pear

###### Vegetables

Steamed Carrot Coins  
Zucchini Coins

###### Milk

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

MONDAY, FEBRUARY 28, 2022

#### TROJANS

*This year's black history theme is quotes from African American Politicians, "A nation is formed by the willingness of each of us to share in the responsibility for upholding the common good." - Barbara Jordan*

Trojans, this Wednesday in the quad after school will be the fourth of 12 #WeAreTrojans Wednesdays. Ever wanted to have a green thumb? Come and plant your own plant to take home and care for. All weekly participants will earn Trojan Tickets.

Sophomores and Juniors, if you are interested in ROC for the next school year, you need to submit an application. The deadline is March 11<sup>th</sup>. If you need assistance with the application or need more information about ROC, come by the counseling office.

The Foothill High School Performing Arts Department are happy to invite you to our upcoming concert 37<sup>th</sup> annual Jazz Coffeehouse, Thursday-Saturday at 7pm. Admission will be \$7 every evening with all the free coffee, tea, and hot chocolate to drink. Pastries will be sold for \$1. The Chamber Singers and Jazz Band have been working extremely hard to make this one of the best coffeehouses ever, and we hope you will join us!

#### SPORTS

##### Tuesday, March 1

Softball: at Ridgeview (Var/JV – 3:30pm); FS vs. Ridgeview (3:30pm)  
Boys Tennis: at Golden Valley (Var only – 3:30pm)

##### Wednesday, March 2

Baseball: vs. Arvin (Var/JV only – 3:30pm)  
Softball: Varsity at North Tourney (vs. St. Joseph (at BC 1:00pm))

##### Thursday, March 3

Softball: Varsity at North Tourney (vs. Tehachapi (at North HS – 2:45pm))  
Boys Tennis: vs. Delano (3:30pm)

##### Friday, March 4

Softball: Varsity at North Tourney (vs. TBD); JV at Wasco Tourney (vs. Kennedy 1:40pm; vs. Tehachapi 4:20pm); FS at Kern Valley (3:15pm)  
Swimming: at Shafter (at BC 3:30pm)  
Track: at EB Relays (at East 9:00am)

##### Saturday, March 5

Softball: Varsity at North Tourney (vs. TBD); JV at Wasco Tourney (vs. Frontier 11:30am; vs. TBD); FS at Golden Valley Tourney (vs. West (9:00am); Cesar Chavez (10:15am); Frontier (11:30am))

#### WELCOME BACK TROJANS!

2/28/22 – 3/4/22

##### MONDAY

7:29 AM-1:29 PM

##### TUESDAY-FRIDAY

7:29 AM-2:29 PM