



# FOOTHILL HIGH SCHOOL

## Home of the Trojans

### DAILY BULLETIN



#### #WeAreTrojans

#### DAILY BREAKFAST MENU

##### Main Entrée

Blueberry Parfait  
Double Chocolate Chip Muffin  
Lucky Charm Cereal  
Cinnamon Toast Crunch  
Honey Nut Cheerios

##### Fruit

Fruit Punch Juice  
Petite Banana

##### Milk

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

#### DAILY LUNCH MENU

##### Main Entrée

Meatball Sandwich  
Galaxy Pepperoni Pizza  
Black Bean Burger  
Turkey and Cheese Sandwich  
Cheeseburger  
Spicy Chicken Sandwich  
Uncrustable PB&J Sandwich

##### Fruit

Strawberry Kiwi Juice  
Apple (Gala)

##### Vegetables

Corn  
Grape Tomatoes

##### Milk

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

**TUESDAY, MARCH 1, 2022**

#### TROJANS

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!

Sophomores and Juniors, if you are interested in ROC or CTEC for the next school year, you need to submit an application. Today during lunch Ms. Hughes from ROC and CTEC will be in the quad during lunch to answer your questions about the awesome programs offered. Remember that the deadline is March 11th.

Trojans, today is Tuesday and that means it is a Turn it in Tuesday. If you have any green tickets or Trojan tokens, be sure to stop by the table outside the activities office today during lunch and get those turned in and added to your point total.

#### SPORTS

##### Tuesday, March 1

Softball: at Ridgeview (Var/JV – 3:30pm); FS vs. Ridgeview (at Foothill – 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