



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN

MONDAY, SEPTEMBER 12, 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

- Chicken Salsa Bowl
- Chicken Caesar Salad
- Extreme Burrito
- Turkey, American Cheese Sandwich
- Cheeseburger
- Spicy Chicken Sandwich
- Uncrustable PB&J Sandwich

Fruit

- Petite Banana
- Pear

Vegetables

- Green Beans
- Cucumber Slices

Milk

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

The R.O.S.E. Mentoring program is accepting applications to enter their 2-year program for the 2022-2024 school season. The R.O.S.E. Mentor program is FREE and for female Juniors who want to recognize their value and self-worth. As part of the program, you will be matched with a professional businesswoman in the community. During the school year mentors and mentees will attend meetings and workshops one evening per month and be invited to attend the annual Bakersfield Women's Business Conference with your mentor. You must have a 2.5 GPA or higher and commit to 1 meeting per month in the evenings. If you are looking for personal development and growth and want to be a part of this program or have questions on the program, then please stop by the Counseling office to and see Ms. Ward for an application. Applications are due 9/23.

CLUBS

Hey guys, gals, and non-binary pals! We had an amazing first meeting of the GSA and our second meeting will be today during lunch! Remember, we welcome all those who have open minds and open hearts to the meetings! We are not just for our amazing LGBT+ students, but for our straight allies as well! We will be meeting in room I-10 during lunch. We hope to see you there!

Students do you want to get in some community service hours while at the same time making a difference in our community? Come to the Community Service Club in room 608 afterschool on Tuesday, September 13th.

Hey Gamers! We had an amazing first meeting! We will be meeting Friday during lunch once more for FHS's Game Club. If you have your games, please bring them to play! Otherwise, thanks to our amazing staff, we now have board games for you to play with your friends! On Thursday, join us in room I-10 with our new game master to fill out and create character sheets for our upcoming D&D adventure. Then, once again, join us for Game Club this Friday and enjoy some fun with friends! Meeting will be in room I-10 during lunch. Game on!

SPORTS

Monday, Sept. 12

Girls Golf: at Horizon League Meet 1 (@ North Kern GC 1:00pm)

Tuesday, Sept. 13

Volleyball: vs. South (FS 4:00pm/JV 5:00pm/Var 6:15pm)

Girls Tennis: Varsity at East (4:00pm)

Wednesday, Sept. 14

Girls Tennis: vs. North (Varsity only 4:00pm)

Thursday, Sept. 15

Volleyball: vs. Independence (FS 4:00pm/JV 5:00pm/Var 6:15pm)

Girls Tennis: at Del Oro (JV only 4:00pm)

Friday, Sept. 16

Football: vs. Rosamond (JV 5:00pm/Varsity 7:30pm) HOMECOMING!!!

Saturday, Sept. 17

Girls Volleyball: JV @ Golden Valley Tourney (8:00am)