



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN



MONDAY, SEPTEMBER 26, 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
- Sliced Cucumber

Milk

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

TROJANS

Attention Staff and Students: if you need a 2022-2023 School Year I.D. Please stop by the textbook room and have your picture taken. Thank you.

Finally, after almost 3 years, we are excited to bring back Blood Drives to campus! In less than one hour, you can help save 3 lives by donating blood right here on campus. Mark your calendar for October 12! For more information or to pick up a permission slip, stop by Ms. Miller's office in the Counseling office.

Attention Junior Students! The PSAT is on Wednesday, October 12th and junior students have the option to take the test for FREE! Don't miss out on this opportunity to prepare for the SAT and to receive feedback on your academic progress. There are only 100 tests available, so sign up in the finance office today!

Seniors, Jostens will be on campus tomorrow to take cap and gown orders during lunch. Don't forget to bring your order forms and money. Order yours now and save yourself the lines, extra fees, and hassle in the spring.

CLUBS

Hey Gamers! Foothill's Gaming Club will be meeting again this Friday 9/30 in room I-10 during lunch. Play your handheld devices, card games, and the fun board games we have with your friends! On Thursday, the D&D portion of our game club will be meeting after school for our first session. Those of you interested, bring your character sheets and be ready for a fun time! Dice will be provided, but if you have your own, bring your own! We hope to see you then.

Interested in becoming a lawyer some day? Or have you been hiding some excellent acting skills? Consider joining Mock Trial. We will have our first meeting on Wednesday after school at 5:30pm in Room 913.

SPORTS

Monday, Sept. 26

Girls Golf: SYHL Meet #3 (Kern River GC 1:00pm)

Tuesday, Sept. 27

Volleyball: at Arvin (FS 4:00pm/JV 5:00pm/Var 6:15pm); bus 1:45pm
Girls Tennis: Varsity vs. Mira Monte (4:00pm); JV at Mira Monte (van 3:00pm)

WELCOME BACK TROJANS!

9/26/22 – 9/30/22

MONDAY

Early Out

TUESDAY- FRIDAY

8:30 AM-3:25PM

Wednesday, Sept. 28

Cross Country: at Wasco Invitational (bus 12:30pm)

Thursday, Sept. 29

Volleyball: at Golden Valley (FS 4:00pm/JV 5:00pm/Var 6:15pm); bus
2:00pm

Girls Tennis: Varsity vs. East (4:00pm); JV at East (van 3:00pm)

Friday, Sept. 30

Football: at East (JV 5:00pm/Var 7:30pm); bus for JV – 2:00pm; varsity –
vans

Saturday, Oct. 1

Cross Country: Ted Oliver Invitational (Pyle's Camp – bus 7:00am)

