



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN



#WeAreTrojans

DAILY BREAKFAST MENU

Main Entrée

Breakfast Sausage Wrap
Banana Muffins
Lucky Charm Cereal
Cocoa Puffs Cereal
Honey Nut Cheerios

Fruit

Fruit Punch Juice
Apple Slices

Milk

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

DAILY LUNCH MENU

Main Entrée

Turkey & Gravy over Potatoes
Sicilian Pizza
Black Bean Burger
Turkey, American Cheese Sandwich
Cheeseburger
Spicy Chicken Sandwich
Uncrustable PB&J Sandwich

Fruit

Strawberry Kiwi Juice
Apple Slices

Vegetables

Steamed Carrot Coins
Green Beans

Milk

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

THURSDAY, SEPTEMBER 22, 2022

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.

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, all mentors and mentees will attend meetings and workshops one evening per month. To finish off the year you are 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. 1-2 students will be selected to be a part of this program. Application due date is Friday 9/23/2022.

Sophomore, Juniors, and Seniors don't miss out on this great opportunity to get tips, study materials and practice tests for the upcoming SAT and PSAT. Many universities are still requiring students take the SAT to apply and those universities that no longer require it to apply are still recommending students take the SAT for class placement and grants/scholarships. If you are interested, go by the Counseling Office to sign-up!

SPORTS

Thursday, Sept. 22

Volleyball: vs. Del Oro (FS 4:00pm/JV 5:00pm/no Varsity)
Girls Tennis: Varsity @ Golden Valley (4:00pm); JV vs. Golden Valley (4:00pm)

WELCOME BACK TROJANS!

9/19/22 – 9/23/22

MONDAY

Early Out

TUESDAY- FRIDAY

8:30 AM-3:25PM

THURSDAY

Jostens on Campus
for Cap and Gown
Orders @ Lunch

Friday, Sept. 23

Football: Varsity vs. Sierra Pacific (7:30pm); JV vs. Del Oro (5:00pm)
Girls Tennis: Varsity at Wasco Tourney

Saturday, Sept. 24

Girls Tennis: Varsity at Wasco Tourney

CLUBS

Art club meeting this today 9/22 in room 1001. All are welcome!

History club meeting today at lunch in Mr. Rose's classroom (912) We will discuss activities for this year plus look at club officer positions. Everyone is welcome!! Come join us Thursday!

Star Wars Club will meet Today during lunch in Mrs. Vargas' classroom, room 708.

Attention all FHS students. Do you want to get Involved. La Raza Club will have the second meeting of the year Today Sept. 22 during Lunch in Room 1-6. After a few years, we are back to start this school year with great activities. Grab your Lunch and come to find out what this club is all about. We will be selecting officers. This is a Cultural Club if you want to get involved. Come to Mr. Henriquez's class and join. We will see you there.

Hey Guys, Gals, and Non-binary Pals! The GSA will be meeting Monday 9/26 during lunch in room I-10. We have had great turn out and have some things we would like to discuss with you all! We hope to see you all! New members always welcome as long as you are of open mind and open heart.

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.