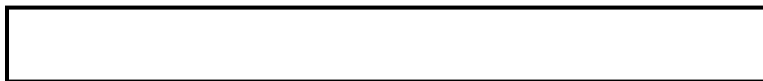


FOOTHILL HIGH SCHOOL BULLETIN

TROJANS

The R.O.S.E. Mentoring program is accepting applications to enter their 2-year program for the 2023-2025 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 questions or to pick up an application. 1-2 students will be selected to be a part of this program. Application due date is Wednesday, 10/18/23.

AP enrolled students, please make sure you pay for your intended AP exams through finance office. Deadline to pay for AP exams is October 27. Thank you!



Breakfast

Main Entrée

- Breakfast Sandwich
- Pan Dulce
- Trix Cereal
- Honey Nut Cheerios Cereal Cup

Fruit

- Granny Smith Apple
- Very Berry Juice

Milk

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

LUNCH MENU

Main Entrée

- Chicken Strips w/Fries
- Chicken Caesar Salad
- Extreme Burrito
- Spinach and Cheese Calzone
- Turkey Ham and Cheese Sub
- Cheeseburger
- Spicy Chicken Sandwich
- Uncrustable PB&J Sandwich

Fruit

- Petite Banana
- Pear

Vegetables

- Spinach
- Fresh Cucumber
- Roasted Corn
- Black Beans
- Grape Tomatoes
- Carrots
- Broccoli

Milk

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

SPORTS

Monday, Oct. 16

Volleyball: at Golden Valley (FS 4:00pm/JV 5:00pm/Var 6:15pm); bus 2:00pm, excused 1:30pm

Girls Tennis: Varsity at Horizon League Championship (Bak. Racquet Club 9:00am); van 7:45am

Girls Golf: SYHL Meet 7 (at N. Kern GC)

Tuesday, Oct. 17

Girls Tennis: JV at Horizon League Championship (at Foothill 1:00pm), excused 12:00pm

Cross Country: vs. Golden Valley (4:00pm), excused 3:00pm

(SENIOR NIGHT)

Wednesday, Oct. 18

Football: FS vs. Tehachapi (6:00pm)

Volleyball: vs. Mira Monte (FS 4:00pm/JV 5:00pm/Var 6:15pm); FS excused 3:00pm (SENIOR NIGHT)

Girls Tennis: JV at Horizon League Championship (at Foothill 1:00pm), excused 12:00pm

Thursday, Oct. 19

Girls Tennis: Varsity at Horizon League Championship (Bak. Racquet Club 9:00am); van 7:45am

Friday, Oct. 20

Football: vs. Golden Valley (JV 5:00pm/Var 7:30pm) **(SENIOR NIGHT)**

CLUBS

Have you ever been inspired by the advancement of knowledge of the universe including, but not limited to, astronomical events, the celestial landscape, and general scientific inquiry? Join Mr. Gonzales in room 605 during lunch every Wednesday. We will explore current events of the cosmos and astrophysics and think of ways to explore the unknown through planetary sightings and incredible cosmic phenomena!

Hey trojans! Dance Club is proud to present Spooky Bouquets! We will be set up in the quad these next two weeks taking orders and deliveries will be made on October 31st. With three different sizes to choose from, we have something for everyone! So stop by and view our options!

