

FOOTHILL HIGH SCHOOL

BULLETIN

TROJANS

CTEC has opened the Evening Logistics and Distribution Class starting Jan 9th. In this class, you will learn how to work in a warehouse, drive a forklift, and other work other equipment while earning 10 credits. Classes will be held at CTEC Tuesday, Wednesday, and Thursday evenings from 5:30pm to 8:30pm. There is a bus to and from Foothill. If you are interested in adding this class, speak with your counselor asap so we can get you signed up.

The counseling department will be starting Happiness Hangouts. We will be inviting students to a monthly meet-up to learn skills for overcoming hardship. Each month we will have a different lesson/topic and an activity to follow. Please come join us on Monday, November 13th at 2:30pm in the Career Center for an after-school activity on gratitude/journaling. It will be available to the first 40 students who sign up. If you have questions, please stop by the counseling office.

Today's the day Trojans! Your chance to become part of FHS Cheerleading begins today at 4pm in the quad for the first day of FHS Cheer Tryouts. Come on out and be a part of campus spirit.

Breakfast

Main Entrée

Breakfast Protein Box

Mocha Crumble

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

BBQ Pulled Pork Mac and Cheese

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

Wednesday, Nov. 8

Boys Soccer: Scrimmage at Taft (JV 4:30pm/Var 6:00pm); bus 2:00pm, excused 1:30pm

Girls Soccer: Scrimmage at Independence (FS 3:30pm/JV 4:30pm/Var 6:00pm); bus 2:00pm, excused 1:30pm

Thursday, Nov. 9

Boys Basketball: Scrimmage at South (FS 4:00pm/JV 5:15pm/Var 6:30pm); bus 2:00pm, excused 1:30pm

Girls Basketball: Scrimmage vs. Matilda Torres (FS 4:00pm/JV 5:15pm/Var 6:30pm); FS excused 3:00pm

Cross Country: Horizon League Championship (at Hart Park 11:00am); bus 9:00am

