

FOOTHILL HIGH SCHOOL

BULLETIN

TROJANS

Come join the counseling department for our December Happiness Hang out! This month our topic is Grief, and we will have an ornament decorating activity after our lesson. Please come join us on Tuesday, December 19th during lunch in the Career Center. This activity/lesson will be available to the first 40 students who sign up. If you have questions, please stop by the counseling office.

Attention freshmen! Link crew is hosting Cocoa and cram Tuesday December 19, 3:30-4:45 in room 603. Come by to get help preparing for finals from your link crew leaders and enjoy some hot chocolate and cookies!

Ecology club is meeting is today in Room 602 during lunch. We are electing officers and starting our garden! If you care about the environment and want to make a difference, come today during lunch in room 602.

There is a new club on campus! The Weightlifters club. If you want to start tracking your fitness goals and join the lifters community, please attend our first meeting Tuesday, December 19th in room 709 during lunch. We will be creating our club constitution, voting for our club leaders, and determining a club name. Bring your lunch and be a part of the strongest club on campus!

Breakfast

Main Entrée

Sausage Biscuit Sandwich
Apple Cinnamon Oatmeal Round
Trix Cereal
Honey Nut Cheerios Cereal Cup
Cocoa Puffs Cereal

Fruit

Very Berry Juice
Blueberries

Milk

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

LUNCH MENU

Main Entrée

Bone-in Chicken Wings
Asian Salad
Extreme Burrito
Spinach and Cheese Calzone
Turkey Ham and Cheese Sub
Spicy Chicken Sandwich
Uncrustable PB&J Sandwich

Fruit

Fresh Pineapple
Unsweetened Applesauce Cup

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

Friday, Dec. 15

Boys Basketball: vs. North (FS 4:00pm/JV 5:15pm/Var 6:30pm); FS excused 3:00pm

Boys Soccer: Var at Liberty Tourney

(11:30am/2:30pm); bus 9:30am, excused 9:00am

Girls Wrestling: at West Coast Tourney of Champions; excused all day; 2 vans.

Saturday, Dec. 16

Boys Basketball: JV at McFarland Tourney; bus 8:00am

Boys Soccer: Var at Liberty Tourney (9:00am); bus 7:30am

Boys Wrestling: at Kevin Harvick Duals (North); 2 vans

Girls Wrestling: at West Coast Tourney of Champions; 2 vans.

