

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!

CLUBS

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!

The Fellowship of Christian Athletes would like to invite you to the auditorium tomorrow during lunch for some words of encouragement before finals! We look forward to seeing you tomorrow at lunch for food, fulfillment, and prizes!

Breakfast

Main Entrée

Breakfast Sandwich
Pan Dulce
Trix Cereal
Honey Nut Cheerios Cereal Cup
Cocoa Puffs Cereal

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
Cheeseburger
Spinach and Cheese Calzone
Turkey Ham and Cheese Sub
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

