



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN



THURSDAY, SEPTEMBER 21, 2023

#WeAreTrojans

BREAKFAST

Main Entrée

Tutti Fruitti Smoothie

Double Chocolate
Chip Muffin

Trix Cereal

Honey Nut Cheerios
Cereal Cup

Fruit

Fruit Punch Juice
Petite Banana

Milk

1% Low Fat
Lactaid Fat Free
Fat Free Chocolate

LUNCH

Main Entrée

Nashville Hot Chicken
and Waffle

Quinoa Taco Salad
Sicilian Pizza

Black Bean Burger
Turkey Ham and
Cheese Sub

Cheeseburger
Spicy Chicken
Sandwich

Uncrustable PB&J

Fruit

Fresh Strawberries
Fruit Punch Juice

Vegetables

Spinach
Fresh Cucumber
Roasted Corn
Black Beans
Grape Tomatoes

Carrots

Broccoli

Milk

1% Low Fat
Lactaid Fat Free
Fat Free Chocolate

TROJANS

Attention all staff: The attendance office is now located in the very front by registration and is no longer in the dean's office.

Hey freshmen! Join link crew for a tailgate before the football game today. Join us for free food, games, and free entry to the football game! We will be at the varsity baseball field from 4 to 6 and hope to see you all there!

Trojans, we will have opportunities these next few weeks to help celebrate Hispanic Heritage Month. Today join us in the quad to crate papel picado which will be hung up on campus to continue the celebration.

It's a beautiful day to save lives! Last year, Foothill had more donors during our 3 blood drives than any other school in Kern County so we have a lot to live up to this year. Our 1st Blood Drive is coming up on October 12th. You must be at least 16 years old and weigh at least 110 pounds. See Ms. Miller for more info.

CLUBS

YWEL will meet during lunch today in room 709.

Project Best will meet today at lunch in room 819.

If you are interested in playing or learning how to play chess, chess club will meet during lunch on Fridays in room 909.

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 Fridays during lunch. 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!

Math club will be meeting Tuesdays at lunch in room 609.

SPORTS

Thursday, Sept. 21

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

Girls Tennis: Varsity vs. Golden Valley (4:00pm, excused 3:00pm); JV at Golden Valley (4:00pm, van 2:45pm, excused 2:30pm)

Friday, Sept. 22

Girls Tennis: Varsity at Wasco Tourney (Time TBD, van TBD, excused TBD)

Cross Country: at Kern County Soccer Park Inv (bus 9:15am, excused 9:00am)

Team Pictures for Volleyball, Girls Golf, Cheer

Saturday, Sept. 23

Volleyball: FS at Mira Monte Tourney (bus 7:00am)

Girls Tennis: Varsity at Wasco Tourney (Time TBD, van TBD)

9/11/23 – 9/15/23

MONDAY

Out at 2:25

TUESDAY-FRIDAY

8:30-3:25 PM

FRIDAY

Fall Sports
Pictures for
Volleyball, Golf,
& Cheer