



# FOOTHILL HIGH SCHOOL

## Home of the Trojans

DAILY BULLETIN



**FRIDAY, SEPTEMBER 22, 2023**

### #WeAreTrojans

#### **BREAKFAST**

##### Main Entrée

Maple & Brown Sugar Oatmeal Cup

Mini Breakfast Cluster

Trix Cereal

Honey Nut Cheerios Cereal Cup

##### Fruit

Very Berry Juice

Blueberries

##### Milk

1% Low Fat

Lactaid Fat Free

Fat Free Chocolate

#### **LUNCH**

##### Main Entrée

Orange Chicken & Fried Rice

Asian Salad

Extreme Burrito

Spinach and Cheese Calzone

Turkey Ham and Cheese Sub

Cheeseburger

Spicy Chicken Sandwich

Un crustable PB&J

##### Fruit

Applesauce

Watermelon

##### 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.

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! We have a lot to live up to this year! Our 1st Blood Drive is coming up on October 12th. You must be 16 years old and weigh 110 pounds. See Ms. Miller for more info.

#### **CLUBS**

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**

Next week we have lots of home games happening and we want to fill the gym and fill the stands. It starts with our home volleyball games on Monday with a white out theme. Throw on a white shirt and get in the stands to support the Trojans as they take on the Arvin Bears. On Wednesday Frosh-Soph football will be home taking on Tehachapi while volleyball is in the gym taking on Golden Valley. Then on Friday night, Foothill is proud to honor veterans with an Honor Flight game. Rep your school colors and come to the game to get patriotic items to help celebrate our nation's veterans. If you have any veterans in your family, be sure to let them know about Friday's game so we can honor them with free admission.

#### **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**