



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN



MONDAY, SEPTEMBER 25, 2023

#WeAreTrojans

BREAKFAST

Main Entrée

- Breakfast Box
- Mocha Crumble
- Trix Cereal
- Honey Nut Cheerios
- Cereal Cup

Fruit

- Granny Smith Apple
- Very Berry Juice

Milk

- 1% Low Fat
- Lactaid Fat Free
- Fat Free Chocolate

LUNCH

Main Entrée

- Soft Taco
- Chicken Caesar Salad
- Extreme Burrito
- Spinach and Cheese Calzone
- Turkey Ham and Cheese Sub
- Cheeseburger
- Spicy Chicken Sandwich
- Unrustable PB&J

Fruit

- Petite Banana
- Pear

Vegetables

- Spinach
- Fresh Cucumber
- Roasted Corn
- Black Beans
- Grape Tomatoes

Milk

- 1% Low Fat
- Lactaid Fat Free
- Fat Free Chocolate

TROJANS

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.

Homecoming is only a few weeks away. Nominations for clubs to have someone represent them as a Homecoming King or Queen candidate are now open and are due 10/2. But Hoco preparations don't end there; Thursday 10/5, will be our first dance of the year and tickets go on sale tomorrow. Tickets are \$3 for students with an ASB sticker and \$5 for those without. Keep an eye on Instagram for more information about the theme and more, but make your plans now to join us next Thursday for our Hoco kick off dance.

CLUBS

Knitting club will meet Monday 9/25 at lunch in room 607. Come by if you want to find out what our next project is. New members always welcome.

Hey trojans! Dance Club will be meeting this Wednesday during lunch in room 711, followed by practice right after school.

Artists, art lovers, and anyone interested - Art Club will meet Thursday during lunch in room 1001. Make art with us while we talk about upcoming projects, vote for officers, and prepare for Via Arte. See you then!

SPORTS

Monday, Sept. 25

Volleyball: vs. Arvin (FS 4:00pm/JV 5:00pm/Var 6:15pm); FS excused 3:00pm

Tuesday, Sept. 26

Girls Tennis: Varsity at Mira Monte (3:30pm), van 2:45pm, excused 2:30pm; JV vs. Mira Monte (3:30pm), excused 2:45pm

Girls Golf: at SYHL #4 (Kern River GC)

Wednesday, Sept. 27

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

Volleyball: vs. Golden Valley (FS 4:00pm/JV 5:00pm/Var 6:15pm); FS excused 3:00pm

Thursday, Sept. 28

Girls Tennis: Varsity at East (3:30pm), van 2:45pm, excused 2:30pm; JV vs. East (3:30pm), excused 2:45pm

Friday, Sept. 29

Football: Var/JV vs. East (JV 5:00pm/Var 7:30pm) **Kern County Honor Flight Night**

Girls Tennis: at Wasco Tourney, van 8:30am

Saturday, Sept. 30

Girls Tennis: at Wasco Tourney, van 7:30am

Cross Country: Ted Oliver Invitational (at Pyles Boys Camp); bus 7:00am

9/25/23 – 9/29/23

MONDAY

Out at 2:25

TUESDAY-FRIDAY

8:30-3:25 PM