



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN



TUESDAY, SEPTEMBER 26, 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
- Uncrustable PB&J

Fruit

- Petite Banana
- Pear

Vegetables

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

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.

If you are a senior with a current 2.5 GPA or higher and are interested in running for Homecoming King or Queen, be sure to attend your club meetings this week as nominations for homecoming royalty are now open and are due by Monday.

To help all of us get in the homecoming spirit, we will kick off the week long festivities with our first dance of the year happening next Thursday. Join us for a black light neon homecoming kickoff party. Tickets are just \$3 for students with an ASB sticker and \$5 for those without and tickets are on sale now in the Finance Office.

October is almost here Trojans and that means Breast Cancer Awareness Month and time for Pink Out games. All students who have purchased a senior or class package will get a special edition FHS Breast Cancer Awareness shirt as part of their package but if you did not get a package and want to purchase one, you can do that today or tomorrow only at the finance office. Shirts are \$17 for students with an ASB sticker and \$20 without. Proceeds from sales will be donated to Breast Cancer research and support organizations so order your shirt today or tomorrow and help make a donation.

This Friday, we will have our first **Trojan Academic Incentive** celebration of the year honoring students who earned a 3.8 GPA on their last semester grades or showed a .5 grade point growth from quarter grades to semester. The celebration will take place during 7th. Your 7th period teacher will have tickets for students who qualified. We are excited to celebrate and *honor* over 200 students for our first academic celebration of the year!

CLUBS

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!

History Club meeting on Thursday in Mr. Rose's classroom (912) at lunch. The agenda will include activities for the school year. History club....best club on campus!!!

SPORTS

9/25/23 – 9/29/23

MONDAY

Out at 2:25

TUESDAY-FRIDAY

8:30-3:25 PM

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

