

FOOTHILL HIGH SCHOOL

BULLETIN

TROJANS

September 15 to October 15 is Hispanic Heritage Month. Did you know that Flower crowns are symbolic in many Hispanic cultures because they portray the beauty of the country's biodiversity and ecosystems and honor ancient culture? Today at lunch join your ASB team at the tables outside the library to make a flower crown of your own and help us celebrate Hispanic Heritage Month.

Did you know that a single blood donation can save up to 3 lives? Trojans, this is your chance to be a part of that lifesaving by donating blood when we host our first blood drive of the year on October 12. To find out more information, stop by the counseling office and see Ms. Miller or look for the Blood Ambassadors with the red cart in the quad during lunch and before school.

Today is a day to preorder a Breast Cancer Awareness shirt from the finance office. Orders must be placed by after school today. Remember that if you purchased a class or senior package, one is included. For anyone else wanting to purchase one, shirts are \$17 with ASB and \$20 without in the finance office today. Proceeds from sales will be donated to Breast Cancer research and support organizations.

Breakfast

Main Entrée

Pancake Sausage on a Stick
Apple Nada
Trix Cereal
Honey Nut Cheerios Cereal Cup

Fruit

Apricots
Very Berry Juice

Milk

1% Low Fat Milk
Lactaid Fat Free Milk
Fat Free Chocolate Milk

LUNCH MENU

Main Entrée

Chef Salad
Extreme Burrito
Spinach and Cheese Calzone
Turkey Ham and Cheese Sub
Cheeseburger
Spicy Chicken Sandwich
Uncrustable PB&J Sandwich

Fruit

Orange
Cantaloupe

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



SPORTS

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

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!!!

Hey Hey Trojans! The FHS Cheerleaders will be selling BOO - GRAMS during lunch October 4, 6, 10, and 12th. Be sure you stop by and purchase a small treat for \$3 or two for \$5 for your Boo, friends, or even staff to spread some spooky spirit around campus. Be sure to join us at lunch to personalize your card before sending it out on Halloween!

CAR WASH, CAR WASH, CAR WASH!!! The Marching Band will be holding a car wash on October 7th at the student drop-off between Voorhies and Foothill from 8 a.m. to 12 p.m. \$5 a ticket! See a band member for a ticket. Prices will be \$10 a ticket on the day of the car wash. See you there and thanks for supporting the band!

