

FOOTHILL HIGH SCHOOL BULLETIN

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 just around the corner and this year we are kicking it off with a Neon Nights Dance next Thursday. Tickets for this black light neon nights dance are on sale in the Finance Office. Tickets are \$3 for students with an ASB sticker and \$5 for those without.

SPORTS

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

Breakfast

Main Entrée

- Sausage Biscuit Sandwich
- Apple Cinnamon Oatmeal Round
- Trix Cereal
- Honey Nut Cheerios Cereal Cup

Fruit

- Very Berry Juice
- Blueberries

Milk

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

LUNCH MENU

Main Entrée

- Kung Pao Chicken Over Rice
- Asian Salad
- Extreme Burrito
- Spinach and Cheese Calzone
- Turkey Ham and Cheese Sub
- Cheeseburger

- Spicy Chicken Sandwich
- Uncrustable PB&J Sandwich

Fruit

- Unsweetened Applesauce
- Watermelon

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



CLUBS

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 parent 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!

Harry Potter club meeting in 915 during lunch on Friday.

Chess club will meet today during lunch in room 909. Stop by if you're interested in playing or want to learn how to play.

