



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN

TUESDAY, JANUARY 18, 2022

#WeAreTrojans

DAILY BREAKFAST MENU

Main Entrée

Blueberry Parfait
Double Chocolate Chip
Muffin

Lucky Charm Cereal
Cinnamon Toast Crunch
Honey Nut Cheerios

Fruit

Fruit Punch Juice
Banana Pettie

Milk

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

DAILY LUNCH MENU

Main Entrée

Meatball Sandwich
Galaxy Pepperoni Pizza
Black Bean Burger
Cheeseburger
Spicy Chicken Sandwich
Uncrustable PB&J Sandwich

Fruit

Strawberry Kiwi Juice
Apple

Vegetables

Corn
Grape Tomatoes

Milk

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

TROJANS

Want to join the mariachi club? Do you play the violin, trumpet, guitar, or vihuela? We are having a meeting Thursday during both lunches for information about the club in room 804. If you can't join the class, then join the club, play, and make friends who enjoy mariachi music!

In reverence to Dr. Martin Luther King Jr.'s contributions to America's true freedom we the Afro-American Association would like to share an excerpt of his famous "I Have a Dream" speech:

I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal."

And an excerpt from one commentator's opinion of Dr King 's legacy: It is only because of King and the movement that he led that the U.S. can claim to be the leader of the "free world" without inviting smirks of disdain and disbelief.

We salute Dr. King in our daily actions by being responsible students who display respect for ourselves and those around us."

Welcome to a fresh start and a brand new semester Trojans. Remember that your grades start fresh and it is never to late to make new habits. These habits can include making time for after school tutoring which takes place in the cafeteria every Tuesday, Wednesday, and Thursday after school to help you get caught up, get help, or just have a place to get your work done. Make a plan now to start this semester strong.

Seniors, if you have not yet purchased your cap and gown for graduation, Jostens will be on campus next Friday for the last time to take orders. You can also go online or go to their store, but next week will be the last time they come to campus for in person orders.

If you are a senior who purchased a senior package and have not yet picked up your senior hoodie, those can be picked up outside the activities office tomorrow during lunch or after school.

Time and tickets are running for the Enchanted Forest Winter Formal. Tickets are \$65 this week and there are limited supplies left. Be sure to get yours while they last.

SPORTS

Spring sports will start this week or next week. Athletes are needed for all sports!!! If you are interested in playing Baseball, Softball, Track and Field, Swimming, Tennis (boys), or Golf (boys), please see the coach as soon as possible or stop by the Athletic Office for more information.



WELCOME BACK TROJANS!

1/18/22 – 1/21/22

MONDAY

Dr Martin Luther King, Jr
Holiday – No School

TUESDAY-FRIDAY

7:29 AM-2:29 PM

All boys interested in golf, we will meet Wednesday 4th lunch in the weight room, 5th lunch Mr. Clark's room #1006. Make sure you have filled out all your paperwork.

Tuesday, Jan. 18

Boys Basketball: JV at Highland, 5:15pm
Boys Soccer: JV/Var at Highland, 4:30pm/6:15pm
Girls Soccer: JV vs. Highland, 4:30pm

Wednesday, Jan. 19

Wrestling: vs. Mira Monte (Boys/Girls), 5:00pm (Senior Night for both Foothill and Mira Monte)

Thursday, Jan. 20

Boys Basketball: at East (JV 5:15pm/Var 6:30pm)
Boys Soccer: JV/Var at East, 4:30pm/6:15pm
Girls Soccer: FS/JV vs. East, 3:30pm/4:30pm

Friday, Jan. 21

Girls Wrestling: at Highland Invitational