



# FOOTHILL HIGH SCHOOL

## Home of the Trojans

DAILY BULLETIN

TUESDAY, JANUARY 17, 2023

### #WeAreTrojans

#### DAILY BREAKFAST MENU

##### Main Entrée

- Cinnamon Toast Soft Filled Bar
- Peach Parfait
- Lucky Nut Cheerios Cereal
- Cocoa Puffs Cereal
- Honey Nut Cheerios

##### Fruit

- Fruit Punch Juice
- Pear

##### Milk

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

#### DAILY LUNCH MENU

##### Main Entrée

- Pasta Alfredo
- Sicilian Pizza
- Black Bean Burger
- Turkey, and Cheese Sub
- Cheeseburger
- Spicy Chicken Sandwich
- Uncrustable PB&J

##### Sandwich

##### Fruit

- Apple
- Very Berry Juice

##### Vegetables

- Grape Tomatoes
- Steamed Broccoli

##### Milk

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

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.

### TROJANS

Are you looking for a way to earn 2 hours of community service AND help save lives? Our second Blood Drive of the year is happening on February 1<sup>st</sup>. You can pick up a permission slip in the counseling office. To be eligible to donate, you must be at least 16 years old. See Ms. Miller for more info.

### CLUBS

Star Wars Club will be meeting on Thursdays during lunch in room 708. New members are always welcome. See you Star Wars fans Thursdays during lunch in room 708, Mrs. Vargas' classroom.

### SPORTS

#### Wednesday, Jan. 18

Boys Basketball: at Arvin (FS 4:00pm/JV 5:15pm/Var 6:30pm); bus at 2:00pm, students excused at 1:45pm

Girls Basketball: vs. Arvin (FS 4:00pm/JV 5:15pm/Var 6:30pm); FS excused at 3:00pm

Boys Soccer: at Arvin (JV 4:30pm/Var 6:00pm); bus at 2:00pm for JV/most Var; Van at 4:00pm

Girls Soccer: vs. Arvin (FS 3:30pm/JV 4:30pm/Var 6:00pm); FS excused at 2:30pm

#### Thursday, Jan. 19

Girls Soccer: FS at Highland (3:30pm); bus at 2:00pm, students excused at 1:45pm

Boys/Girls Wrestling: vs. Garces (JV 5:00pm/Girls 6:00pm/Boys 7:00pm); SENIOR NIGHT

#### Friday, Jan. 20

Boys Basketball: at Golden Valley (FS 4:00pm/JV 5:15pm/Var 6:30pm); bus at 2:30pm

Girls Basketball: vs. Golden Valley (FS 4:00pm/JV 5:15pm/Var 6:30pm)

Boys Soccer: at Golden Valley (FS 3:30pm/JV 4:30pm/Var 6:00pm); bus for FS/JV 2:00pm; bus for Var 4:30pm

Girls Soccer: vs. Golden Valley (FS 3:30pm/JV 4:30pm/Var 6:00pm)

Boys Wrestling: at Highland Tourney; Time TBD

#### Saturday, Jan. 21

Girls Wrestling: Lady Trojan Invitational (9:00am)