

# FOOTHILL HIGH SCHOOL BULLETIN

## TROJANS

Attention Seniors: If you have not completed or started your CSU/UC applications, November 30<sup>th</sup> is the deadline. Please stop by the Career Center during lunch for help.

CTEC has opened the Evening Logistics and Distribution Class starting Jan 9<sup>th</sup>. In this class, you will learn how to work in a warehouse, drive a forklift, and other work other equipment while earning 10 credits. Classes will be held at CTEC Tuesday, Wednesday, and Thursday evenings from 5:30pm to 8:30pm. There is a bus to and from Foothill. If you are interested in adding this class, speak with your counselor asap so we can get you signed up.

Hello sophomores and Juniors, the ROC application is now open! If you are interested in applying, please visit the counseling office to apply.

## CLUBS

Do you want to read the Bible and study it or maybe looking for some enlightenment or spiritual direction to get closer with Christ. The Bible club is open to all denominations and religious beliefs who want chat about faith and your journey. Come check out the new Bible club on Thursday at lunch in room 910.



### **Breakfast**

#### **Main Entrée**

- Tutti Fruitti Smoothie
- Double Chocolate Chip Muffin
- Trix Cereal
- Honey Nut Cheerios Cereal Cup

#### **Fruit**

- Fruit Punch Juice
- Petite Banana

#### **Milk**

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

### **LUNCH MENU**

#### **Main Entrée**

- Nashville Hot Chicken and Waffle
- Quinoa Taco Salad
- Sicilian Pizza
- Black Bean Burger
- Turkey Ham and Cheese Sub
- Cheeseburger
- Spicy Chicken Sandwich
- Uncrustable PB&J Sandwich

#### **Fruit**

- Fruit Punch Juice
- Persimmons

#### **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**

### **Thursday, Nov. 16**

Cross Country: Var Boys/Var Girls at Valley Championships, Woodward Park (Clovis); bus 7:00am  
Boys Basketball: FS at Independence Tourney (4:00pm), bus 2:00pm, excused 1:30pm  
Girls Basketball: vs. North (FS 4:00pm/JV 5:15pm/Var 6:30pm); FS excused 3:00pm  
Girls Basketball: FS at West Tourney (8:15pm); bus 6:30pm  
Boys Soccer: FS at East (3:30pm); bus 2:00pm, excused 1:30pm

### **Friday, Nov. 17**

Boys Basketball: Var at Mira Monte Tourney (2:00pm), 2 vans 12:30pm, excused 12:15pm; FS at Independence Tourney (Time TBD), bus 2:00pm or 6:00pm, excused 1:30pm if 2:00pm bus.  
Girls Basketball: JV at Foothill Tourney (3:00pm); FS at West Tourney (6:00pm), bus 4:00pm  
Girls Wrestling: at South Tourney, van 6:30am

### **Saturday, Nov. 18**

Boys Basketball: Var at Mira Monte Tourney (Time TBD), bus TBD; FS at West Tourney (Time TBD), bus TBD  
Girls Basketball: JV at Foothill Tourney (Time TBD); FS at West Tourney (Time TBD), bus TBD  
Boys Wrestling: JV at South Tourney (bus 6:00am)

