

FOOTHILL HIGH SCHOOL

BULLETIN

TROJANS

Trojans, it is time for our 2nd blood drive of the year. We have had more donations this year than any other school in the county. Let's continue the trend! The next blood drive will be Wednesday, February 7th. See Ms. Miller in the counseling office if you have any questions or to pick up the forms. The blood ambassadors will also be out during lunch and before school to answer any questions and collect forms.

Join us after school on Monday, February 5th at 2:40pm for a Make and Take event in the library. We will be using paper circuits to create greeting cards. See Ms. Stevenson if you have any questions.

SPORTS

Spring sports have officially started. If you're interested in playing baseball, softball, track and field, swimming, boys tennis, or boys golf, stop by the Athletic Office to get information about how to get cleared as soon as possible, as tryouts have already begun.

Monday, Jan. 29

Boys Soccer: at Mira Monte (FS 3:30/JV 4:30/ Var 6:00)
bus 1:00pm, ex 12:30pm; van 4:00pm

Tuesday, Jan. 30

Boys Basketball: vs. Del Oro (FS 4:00/JV 5:15/ Var 6:30)
FS ex 3:00

Girls Basketball: at Del Oro (JV 5:15); bus 2:00, ex 1:30

Boys Soccer: vs. Del Oro (FS 3:30/JV 4:30/Var 6:00)
FS ex 2:30

Girls Soccer: at Del Oro (FS 3:30/JV 4:30/Var 6:00);
bus 2:00, ex 1:30pm; van 4:00

Breakfast

Main Entrée

Breakfast Sandwich

Pan Dulce

Trix Cereal

Honey Nut Cheerios Cereal
Cup

Cocoa Puffs Cereal

Fruit

Granny Smith Apple

Strawberry Kiwi Juice

Milk

1% Low Fat Milk

Lactaid Fat Free Milk

Fat Free Chocolate Milk

LUNCH MENU

Main Entrée

Chicken Strips w/Fries

Chicken Caesar Salad

Cheeseburger

Turkey and Cheese Sub

Extreme Burrito

Spinach and Cheese Calzone

Spicy Chicken Sandwich

Uncrustable PB&J Sandwich

Fruit

Petite Banana

Pear

Vegetables

Spinach

Fresh Cucumber

Corn

Black Beans

Grape Tomatoes

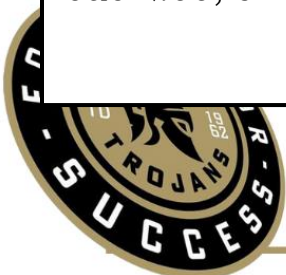
Carrots

Milk

1% Low Fat Milk

Lactaid Fat Free Milk

Fat Free Chocolate Milk



Thursday, Feb. 1

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

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

Boys Soccer: at Arvin (JV 4:30/Var 6:00); bus 2:00,
ex 1:30; van 4:00

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

CLUBS

First Knitting Club meeting of 2024 will be this Monday January 29th at lunch in Room 607. Join us as we learn to make some easy valentine's gifts. No experience needed. We have all the tools and yarn to get you started. Hope to see you there!

The orchestra club will be selling Crush Grams for Valentine's Day! Pick up a sweet treat for your sweet as they will be on sale for the next two weeks. The price is \$8 while supplies last. Stop by the booth outside the activities office to place your orders.

Ecology Club has a unique and affordable gift for valentine's gift that will last longer than candy or flowers. Find us in the quad by the activities office and place your order for a customized succulent plant for only \$5!

Want to expand your math knowledge? Have a love for math? Then join us on Tuesday in room 609 for Math Club where we will begin preparing for Math Field day.

K-Pop Club will be rebranding to the K-Pop Appreciation club and will meet every Friday at lunch in room I-1. Come join us as we listen to, talk about, and learn about our favorite K-Pop groups! All are welcome and we hope to see you there.

But that's not all! Can't get enough of K-Pop? Want to get into some serious K-Pop dancing? That's right, Foothill's going K-Pop crazy with another club, the K-Pop Dance Club. Come join us after school every Thursday in room I-1 to learn how to dance like our favorite groups!

