

February 23, 2023

2/19/24-2/23/24

# FOOTHILL HIGH SCHOOL BULLETIN

## Focus on: BLACK HISTORY MONTH

February is Black History Month and a chance for all Trojans to learn more about black culture and to acknowledge and appreciate contributions made by Black Americans. This week our focus has been on significant change makers. Today we look at Maya Angelou, an iconic figure in American literature and civil rights activism, who left an indelible mark on the world through her powerful words and resilient spirit. As a poet, author, and civil rights activist, Angelou used her voice to inspire and uplift generations. Her acclaimed autobiography, "I Know Why the Caged Bird Sings," remains a poignant testament to the resilience of the human spirit in the face of adversity. Angelou's ability to blend the personal with the universal, capturing the struggles and triumphs of African Americans, resonates profoundly with readers worldwide. Beyond her literary achievements, Angelou's advocacy for social justice and equality continues to inspire a new wave of activists and leaders. Maya Angelou's legacy reminds us of the transformative power of art, activism, and unwavering courage in the pursuit of a more just and compassionate world.

## TROJANS

Trojans, time is running out to buy your 2024 Yearbook. There will be no extra copies ordered. TODAY is the last day! Please place your orders by the end of the day.

Happy National FFA week trojans!! Today's ag fact of the day is that 17.3 million American Adults think that chocolate milk comes from brown cows, just so you know... it doesn't, it comes from any dairy cow. If you dressed up in Blue and Gold today, remember to check in at lunch for your black and gold points. At lunch today we will have our Cornhole Championships and one lucky staff member will be kissing a 450-pound pig in the quad. Come check it out! Thank you for everyone who participated in FFA Week!

## SPORTS

### Friday, Feb. 23

Boys Soccer: CIF Finals @ FOOTHILL 6pm  
Girls Basketball: CIF Finals @ Seland Arena 10am  
Girls Wrestling: State Meet  
Baseball: Terrio Tourney (3:00), bus 1:30, ex 1:00pm

### Saturday, Feb. 24

Girls Wrestling: State Meet  
Baseball: Terrio Tourney TBD  
Swimming: at Falcon Invitational (JV); bus 7:30am

### **Breakfast**

#### Main Entrée

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

#### Fruit

Blueberries  
Strawberry Kiwi Juice

#### Milk

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

### **LUNCH MENU**

#### Main Entrée

Bone-In Chicken Wing Soy Glaze  
Asian Salad  
Extreme Burrito  
Cheeseburger  
Spinach and Cheese Calzone  
Turkey and Cheese Sub  
Spicy Chicken Sandwich  
Uncrustable PB&J Sandwich

#### Fruit

Fresh Pineapple  
Unsweetened Applesauce Cup

#### Vegetables

Spinach  
Fresh Cucumber  
Corn  
Black Beans  
Grape Tomatoes  
Carrots

#### Milk

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

