

February 28, 2024

2/26/24-3/1/24

FOOTHILL HIGH SCHOOL BULLETIN

Focus on: BLACK HISTORY MONTH

Today's highlighted business is Nov's Soul Spot, located at 3013 F Street and is a family-owned Soul Food restaurant dedicated to providing their customers with good food, a family-friendly atmosphere and quality service. The Company was formed in 2007 and headed by Leon Denweed. Chef Denweed has over 25 years of experience in specialty food, restaurant, and full-service catering. The depth and range of his experience varies from soul-food, gourmet, and pastry. Denweed is known for his hospitality. Denweed was inspired into a lifetime of cooking for his mother Novelette. She taught him how to cook, and now he is supporting his family with a restaurant in her name.

Today's dress up day is Wild Out Wednesday, and we cannot wait to see what tomorrow brings for Throwback Thursday. Tomorrow come dressed like the 90s or 2000s and then join us in the quad for a special dance performance tomorrow during lunch.

TROJANS

Hey sophomores and Juniors! Link Leader applications are now available for those who have Foothill spirit and can be a good role model. We will be having an informational meeting @ lunch on March 8th. If you want to welcome in next year's freshmen and be a mentor to them, then stop by 603 or 815 for an application or scan a QR code around campus to access our digital application. Applications will be due by March 21st.

The Foothill High School Choirs are happy to invite you to our upcoming Choral Preview Concert on Thursday, February 29th in the Peg Pauly Auditorium Admission will be: \$4 for general admission and \$3 with a student ID. We have all been working extremely hard to make this one of the best concerts ever, and we hope you will join us! Bring the family, your neighbors, and friends. The show starts at 7p, doors open at 6:40p, we hope to see you there!



Breakfast

Main Entrée

Country Breakfast Scramble
Burrito

Honey Bun

Trix Cereal

Honey Nut Cheerios Cereal Cup

Cocoa Puffs Cereal

Fruit

Strawberry Kiwi Juice

Grapes

Milk

1% Low Fat Milk

Lactaid Fat Free Milk

Fat Free Chocolate Milk

LUNCH MENU

Main Entrée

Butter Chicken & Herb Couscous

Chef Salad

Cheeseburger

Extreme Burrito

Spinach and Cheese Calzone

Turkey and Cheese Sub

Spicy Chicken Sandwich

Un crustable PB&J Sandwich

Fruit

Orange

Kiwi

Vegetables

Spinach

Fresh Cucumber

Corn

Black Beans

Grape Tomatoes

Carrots

Milk

1% Low Fat Milk

Lactaid Fat Free Milk

Fat Free Chocolate Milk

TROJANS

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

This Saturday is the Got the Dot Walkathon at CSUB. This organization encourages first time drivers to do the important job of filling out the organ donor registration form. Join fellow Trojans this Saturday from 9am - 1pm at the CSUB Amphitheater for this free event. This family friendly event will include a 5k walk, food vendors, music, games and more. Foothill will also have a cake walk booth sponsored by our Ecology Club. For more information on this community event check out Ecology's clubs Instagram @foothil.eco

SPORTS

Thursday, Feb. 29

Boys Soccer: Regional Playoffs Round 2 at Newport Harbor (4:00pm)

Baseball: Var/JV vs. Kennedy (3:30), ex 1:45; FS at Kennedy (3:30), bus 2:00, ex 1:30

Softball: Var at North Trny (Tehachapi 9:30, Kern Valley 12:30), 2 vans 8:00am

Boys Tennis: Var vs. Independence (3:30), ex 2:30; JV at IHSe (3:30), van 2:30, ex 2:00

Friday, March 1

Softball: Var at North Trny (El Diamante 2:15), bus 12:45, ex 12:15

Track and Field: at EB Relays (at BC); bus 9:00am, ex 8:30am

Swimming: at Ridgeview (Kern Aquatic Center 3:30), bus 2:00, ex 1:30

Saturday, March 2

Boys Soccer: Regional Playoffs vs. TBD (4:00pm – location TBD)

Softball: Var at North Trny (West 12:00pm), bus 10:00am; FS at Golden Valley Trny (at Foothill vs. Liberty/Highland/Mira Monte) 8:30am

CLUBS

Project Lit meeting TODAY in the library at lunch.

La Raza Club will have a meeting today in room I-6. Grab your lunch and come to Mr. Henriquez room I-6 so you can see what we are doing in La Raza Club. Get involved.

The Trojans for Christ Bible club is open to all denominations and will be meeting this Tuesday and Thursday at lunch in room 910.

History club meeting Thursday at lunch in Mr. Rose's class. (Room 912) We will be discussing movie night and a final field trip. History club!! Best club on campus, everyone is welcome!!

