

February 6, 2023

2/5/24-2/9/24

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 is on groundbreaking athletes and our athlete of the day today is Kobe Bryant who was a professional African American basketball player who played for the Los Angeles Lakers as a shooting guard. He won several NBA Championships, Olympic Gold Medals, and many other awards/honors throughout his career as a star athlete. His strategic work ethic and competitive nature caught the attention of many, which was self-named "Mamba Mentality". Mamba Mentality sparked the idea that we should aspire for greatness. Kobe gave hope to those who watched him on and off the court. He is considered one of the greatest of all time.

TROJANS

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

SPORTS

The Athletic Department is looking for students who might be interested in learning how to set up and run the timing system for track, and who would be willing to help at our track meets this year. Community service hours or Foothill Athletic Vouchers are available. If you are interested or have any questions, please see Mr. Biezad in the Athletic Office as soon as you can.

There will be Boys golf meeting in I-18 at lunch, important information about our schedule.

Breakfast

Main Entrée

Strawberry Parfait
Country Breakfast Calzone
Trix Cereal
Honey Nut Cheerios Cereal Cup
Cocoa Puffs Cereal

Fruit

Fruit Punch Juice
Pear

Milk

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

LUNCH MENU

Main Entrée

Asada Tacos
Chicken Filet Salad
Sicilian Pizza
Beef Chile Colorado Burrito
Black Bean Burger
Turkey and Cheese Sub
Spicy Chicken Sandwich
Uncrustable PB&J Sandwich

Fruit

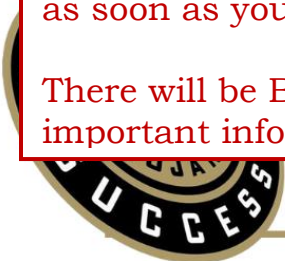
Granny Smith Apple
Very Berry Juice

Vegetables

Spinach
Fresh Cucumber
Corn
Black Beans
Grape Tomatoes
Carrots

Milk

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



Tuesday, Feb. 6

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

Girls Basketball: vs. Golden Valley (FS 4:00pm/JV 5:15pm/Var 6:30pm); FS excused 3:00pm; **SENIOR NIGHT**

Boys Soccer: at Golden Valley (FS 3:30pm/JV 4:30pm/Var 6:00pm); bus 2:00pm, excused 1:30pm; van 3:45pm

Girls Soccer: vs. Golden Valley (FS 3:30pm/JV 4:30pm/Var 6:00pm); FS excused 2:30pm; **SENIOR NIGHT**

Wednesday, Feb. 7

Softball: Scrimmage at North (JV 3:00pm/Var 3:00pm); bus 1:30pm, excused 1:00pm

Thursday, Feb. 8

Boys Basketball: vs. Mira Monte (FS 4:00pm/JV 5:15pm/Var 6:30pm); FS excused 3:00pm; **SENIOR NIGHT**

Girls Basketball: at Mira Monte (FS 4:00pm/JV 5:15pm/Var 6:30pm); bus 2:00pm, excused 1:30pm

Boys Soccer: vs. Mira Monte (FS 3:30pm/JV 4:30pm/Var 6:00pm); FS excused 2:30pm; **SENIOR NIGHT**

Girls Soccer: at Mira Monte (FS 3:30pm/JV 4:30pm/Var 6:00pm); bus 2:00pm, excused 1:30pm; van 3:45pm

Boys Tennis: Scrimmage vs. Independence (Var only 3:30pm); excused 2:30pm

Friday, Feb. 9

Boys Wrestling: Divisionals at Redwood (Visalia); 3 vans (with girls) 6:30am

Girls Wrestling: Area at Golden West (Visalia); 3 vans (with boys) 6:30am

Saturday, Feb. 10

Boys Wrestling: Divisionals at Redwood (Visalia); 3 vans (with girls) 6:30am

Girls Wrestling: Area at Golden West (Visalia); 3 vans (with boys) 6:30am

CLUBS

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.

