

FOOTHILL HIGH SCHOOL BULLETIN

Women's History Month Focus

March is Women's History Month and this week we have been sharing interesting facts to help celebrate Women. Today we highlight Rosa Parks who is most known for being an African American woman in Montgomery, Alabama who made a stand against the race segregation that existed in parts of the US by refusing to give up her seat on a bus in 1955 so that a white person could sit down. Her protest was supported by many other African Americans, and is often considered an event which sparked the civil rights movement. It would not be until 1964 when the Civil Rights Act was passed and we still have progress to make, but we can thank brave women like Rosa Parks for being willing to stand up, or in her case, sit down, for what is right.

TROJANS

Hey Sophomores and Juniors! Don't forget to get your applications in to be a Link Leader for the next school year! Don't miss your opportunity to mentor our incoming freshmen and help shape our school culture. Applications are in 603 or 815 or you scan a QR code to access our digital format. Applications are due by today, so hurry now.

It's spring spirit week. Did you dress to impress today? If so, remember to stop by the table outside the activities office today during lunch to check in. Wednesday's winners are Adan Balderas and Chas Martin, be sure to see Mrs. West at lunch to get your prize. Check in today for your chance. Tomorrow is our last day before spring break and we invite you to wear spring colors. We will also be celebrating with an egg hunt at lunch so join in the fun.

Seniors, today is the last day to order your senior shirt for \$20 in the finance office. We will not be ordering any extra. Seniors who purchased a package do not need to order one as it comes with your package.

Breakfast

Main Entrée

EggStravaganza Bowl
Goody Bun
Trix Cereal
Honey Nut Cheerios Cereal Cup
Cocoa Puffs Cereal

Fruit

Fruit Punch Juice
Petite Banana

Milk

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

LUNCH MENU

Main Entrée

Jerk Chicken, Rice
Turkey & Gravy over Potatoes
Quinoa Taco Salad
Sicilian Pizza
Beef Chile Colorado Burrito
Black Bean Burger
Turkey and Cheese Sub
Spicy Chicken Sandwich
Uncrustable PB&J Sandwich

Fruit

Very Berry Juice
Apple Slices

Vegetables

Spinach
Fresh Cucumber
Corn
Black Beans

Grape Tomatoes
Carrots

Milk

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



SPORTS

Thursday, March 21

Golf: at Highland Trny, van 10:30am, excused 10:00am

Swimming: vs. Del Oro/Golden Valley (Kern Aquatic Center 3:30pm), bus 2:00pm, excused 1:30pm

Friday, March 22

Baseball: FS at West Tourney (at Stockdale), bus 2:00pm, excused 1:30pm

Boys Tennis: Var at Wasco Tourney (van TBD)

Track and Field: at RFK Invitational, bus 11:00am, excused 10:30am

Saturday, March 23

Baseball: FS at West Tourney (at West), bus 12:00pm

Boys Tennis: Var at Wasco Tourney (van TBD)

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 Trojans for Christ Bible club is open to all denominations and religious beliefs who want chat about faith and your journey. Trojans for Christ will be meeting this Tuesday and Thursday at lunch in room 910.

Good-morning Trojans! There is an Ecology Club meeting today during lunch. Join us to work on our garden! New members are always welcome, come to room 602 today at lunch!

