

FOOTHILL HIGH SCHOOL BULLETIN

TROJANS

Ironman practice begins on May 20-22nd, from 5-6:30 PM in the Foothill Gym. The games are May 23rd, beginning at 4. Keep an ear open for cost of admission! There will be NO tryouts for Ironman, but those who turned in a permission slip and paid for your shirt are part of the teams! If you have any questions, see Ms. Liz Reyes!

Seniors. Please come by room 716 to see if you have qualified for CSF.

Today for Mental Health Awareness Week we are focusing on or allies...Have you thought about who those are? Do you know where you can go for help? Who is in your corner? Who can help you? When thinking of who our allies are and who is on our corner, you need to think of people who will listen or help find help if you need it. These allies can be friends, family members, teachers, counselors, coaches or even you pastor. Today...spend some time thinking about who your ally is and who you can go to. When in doubt come see your counselor and they can help and listen.

SPORTS

Any student interested in playing football next year should attend a meeting on Tuesday, May 14, at 3:45pm in the gym. If you have questions, please see Mr. Biezad in the Athletic Office.

If you are interested in participating in cross country next season there will be an informational meeting on Thursday May 16th during lunch in room 906. Get your lunch first and then come to the meeting.



Breakfast

Main Entrée

- Peach Parfait
- Cinnamon Toast Soft Filled Bar
- Trix Cereal
- Honey Nut Cheerios Cereal Cup
- Lucky Charm Cereal

Fruit

- Fruit Punch Juice
- Pear

Milk

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

LUNCH MENU

Main Entrée

- Rotini and Meat Sauce
- Chicken Filet Salad
- Beef Taco Crisp
- Sicilian Pizza
- Black Bean Burger
- Turkey and Cheese Sub
- Spicy Chicken Sandwich
- Uncrustable PB&J Sandwich

Fruit

- Granny Smith Apple
- Fruit Punch Juice

Vegetables

- Spinach
- Fresh Cucumber
- Corn
- Black Beans
- Raw Broccoli
- Grape Tomatoes

Carrots

Milk

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

18 Days to go Trojans!

All athletes (from any season) need to turn in all equipment and uniforms as soon as possible to the Trainer's Office outside the boy's locker room.

Tuesday, May 14

Baseball: CIF Playoffs Rd 1 – Varsity (TBD)

Thursday, May 16

Baseball: CIF Playoff Rd 2 – Varsity (TBD)

Saturday, May 18

Track and Field: Section Meet @ Buchanon HS (TBD)

