

# FOOTHILL HIGH SCHOOL BULLETIN

## TROJANS

Attention Ironman participants! Practices for Ironman will begin on Monday, May 20th. Practice on the 20th will be from 5-6:30. Practices for May 21st and 22nd will be from 3:45-5:30. The Ironman game will be on May 23rd, beginning at 4 PM. Trojans! Don't forget to come out and support your grade level! May 23rd at 4 PM, the fun begins. Come watch your grade level compete against one another in a volleyball tournament that is sure to be entertaining! Spread the word and come out and make some noise!

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

Did you know Mental Health is a concern to everyone around the world? Today we want to offer you an anonymous resource where you can text for support. If you are having a rough day, experiencing depression, or having thoughts of hurting yourself then think about texting the number 988 to text and talk to someone 24 hours a day. Today in the quad is the Foothill Counselors calming jar activity. So, if you signed up...see you by the library at lunch. Wellness grams will also be available for you to write.

## SPORTS

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.

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.

### Thursday, May 16

Baseball: CIF Playoff Rd 2 – Varsity @ Matilda Torres

### Saturday, May 18

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

### **Breakfast**

#### **Main Entrée**

- Country Breakfast Scramble Burrito
- Honey Bun
- Trix Cereal
- Honey Nut Cheerios Cereal Cup
- Lucky Charm Cereal

#### **Fruit**

- Strawberry Kiwi Juice
- Diced Peach Cup

#### **Milk**

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

### **LUNCH MENU**

#### **Main Entrée**

- BBQ Ribs and Potatoes
- Chef Salad
- Cheeseburger
- Extreme Burrito
- Spinach and Cheese Calzone
- Turkey and Cheese Sub
- Spicy Chicken Sandwich
- Uncrustable PB&J Sandwich

#### **Fruit**

- Orange
- Seedless Grapes

#### **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

**17 Days to go Trojans!**

