



**New Buffalo Middle / High School  
\*menu subject to change\***

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*Available Daily at Lunch*

*Market Fresh Sandwiches  
Grab 'n Dash*

Monday—Chicken Cordon Bleu  
 Tuesday—Bosco Sticks & Sauce  
 Wednesday—Fidler Sticks & Celery  
 Thursday—Calzone  
 Friday—Cook's Choice

All meals served with fruit,  
vegetable & milk

*Featured Specials of the Day*

**Wednesday, February 1**  
 FOOTLONG HOT DOGS & SUPER TOPPINGS  
 Touchdown Tater Tots

**Thursday, February 2**  
 Walking Taco's and Taco Toppings  
 BLACK BEAN SALAD

**Friday, February 3**  
 Chicken Parmesan over Pasta  
 Tossed Salad & Breadstick

**Monday, February 6**  
 BBQ Rib Sandwich  
 Sweet Corn on the side!

**Tuesday, February 7**  
 Pork Chop  
 Mashed Potatoes & Gravy

**Wednesday, February 8**  
 Big Daddy's Pizza Buffet  
 & Salad Bar

**Thursday, February 9**  
 CHICKEN RINGS  
 VEGGIE PASTA SALAD

**Friday, February 10**  
 Baked Ravioli  
 Texas Garlic Toast

All meals are served with fruit,  
vegetable & milk



**SUPER BOWL LUNCH  
WEDNESDAY, FEB. 1**

*Featured Specials of the Day*

**Monday, February 13**  
 Crazy Quesadilla  
 Tropical Fruit Salad

**Tuesday, February 14**  
*Have a Heart—Chicken Nuggets*  
 Potato Wedges & Cinnamon Snacks

**Wednesday, February 15**  
 Corn Dog OR Jennie-o Burger  
 Veggie's & Dip

**Thursday, February 16**  
 Chili and Smuckers Sandwich  
 Cinnamon Applesauce

**Friday, February 17**  
 NO school today!!

All meals are served with fruit,  
vegetable & milk

**BREAKFAST** — Monday-Muffin & Yogurt  
 Wednesday-Breakfast Sausage Bagel  
 Friday-Cook's Choice

Tuesday-Pancake Sausage Wrap  
 Thursday-Oatmeal & Toppings

## Featured Specials of the Day



**Monday, February 20**

**Presidents' Day  
No School Today**



**Tuesday, February 21**

**WARM UP WITH  
Turkey & Noodles**

**Wednesday, February 22**

**Cheese Pizza & Salad  
Just Baked Cookie**

**Thursday, February 23**

**Nacho Supreme  
Fiesta Rice**

**Friday, February 24**

**Pasta Bake & Garlic Toast**

**Monday, February 27**

**BBQ Rib Sandwich  
Sweet Grapes**

**Tuesday, February 28**

**Grilled Chicken Sandwich  
Sweet Potato Puffs**

**Wednesday, February 29**

**Leap into Health!**

**SOUP & SALAD BAR**

All meals served with fruit,  
vegetable & milk

ANDY WASN'T USUALLY **THE ROMANTIC TYPE**. BUT RIGHT AROUND LUNCH TIME EVERY SCHOOL DAY, HE DEVELOPED A **SUDDEN AND OVERWHELMING CRUSH** ON WHATEVER WAS BEING DISHED UP IN THE CAFETERIA.



NEW BUFFALO FOOD SERVICE DEPARTMENT  
MRS. IAZZETTO, DIRECTOR  
269-469-6048

### BREAKFAST

Monday — Muffin & Yogurt  
Tuesday — Pancake Sausage Wrap  
Wednesday — Breakfast Sausage Bagel  
Thursday — Oatmeal & Toppings  
Friday — Cook's Choice

# 365.2422

That's how many days it takes

the earth to orbit the sun ...

and that's why we

have leap year. We

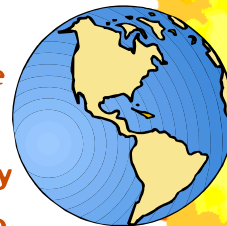
add a day to the

month of February

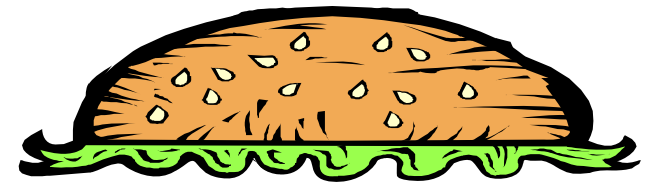
every four years to

make up for the .2422 days

that just won't fit in our regular year!



## LEAP YEAR 2012



## NUTRITION TO GO

Chocolate is "chock-full" of antioxidants and other substances that are good for you. But all chocolate isn't created equal. Dark chocolate -- at least 65% cocoa -- delivers these health benefits efficiently. But the chocolate used for most candy is less than 30% cocoa with lots of added sugar, so you need to eat 2 or 3 times as much chocolate (and a lot more calories!) for the same benefits.

**A TASTY MORSEL FOR TEENAGERS**

### CORNER CAFÉ

Monday—Chicken Cordon Bleu  
Tuesday—Bosco Sticks & Sauce  
Wednesday—Fidler Sticks & Sauce  
Thursday—Calzone  
Friday—Our Choice—you'll like it!

## Word of the Month

# car·ing

*adj.* 1. feeling and showing concern and empathy for others  
2. having or displaying warmth or affection 3. concerned; devoted; tender