

High School Cold Lunch Menu

February 2026

"Vegetable are the way of life"- Noah P., 7th Grade @ Visitation School

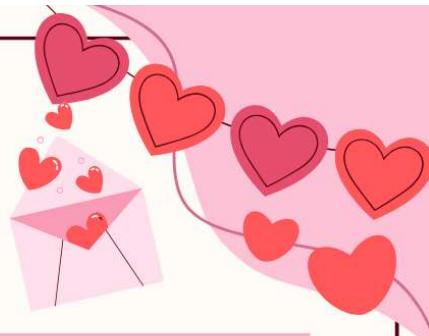
Menu is subject to change, and a variety of low fat OR skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain. All Items are pork free.

Monday	Tuesday	Wednesday	Thursday	Friday
2 233 Rotisserie Chicken & Mozzarella On Brioche Bun OR 480 Sausage Kolache & 992 Oatmeal Cookie  634 Ruby Rusher Veggie Juice 620 Salsa 670 Fresh Fruit 659 Watermelon Craisins 941 Tostitos Scoops	3 237 Italian Sandwich 611 Bagged Baby Carrots 140 Fiesta Bean Dip 632 Wango Mango Veggie Juice 446 Mott's Apple Juice 670 Fresh Fruit	4 234 Turkey Ham & Two Cheese on Roll 630 Dragon Punch Veggie Juice 602 PA Dutch Potato Salad 670 Fresh Fruit 654 Raspberry Lemonade Craisins	5 242 Chicken, Turkey Ham & Cheese Wedge Sandwich 708 Spinach Salad w. Chickpeas 611 Bagged Baby Carrots 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape Juice	6 404 Italian Combo Wrap 631 Cherry Star Veggie Juice 621 Celery Sticks 670 Fresh Fruit 686 Rosati "Nice" Ice OR 658 Cherry Craisins 992 Oatmeal Cookie
9 233 Rotisserie Chicken & Mozzarella On Brioche Bun 611 Bagged Baby Carrots 140 Fiesta Bean Dip 634 Ruby Rusher Veggie Juice 684 Strawberry Banana Applesauce 447 Mott's Apple White Grape Juice	10 238 Chicken, Turkey Pepperoni & Cheese Croissant 620 Salsa Cup 630 Dragon Punch Veggie Juice 649 Orange Gel Cup 658 Cherry Craisins 941 Tostitos Scoops	11 234 Turkey Ham & Two Cheese on Roll 631 Cherry Star Veggie Juice 601 Homestyle Potato Salad 670 Fresh Fruit 658 Cherry Craisins	12 237 Italian Sandwich 706 Spinach Salad w. Tomatoes 632 Wango Mango Veggie Juice 670 Fresh Fruit 447 Mott's Apple White Grape Juice	13 242 Chicken, Turkey Ham & Cheese Wedge Sandwich 633 Sunset Sip Veggie Juice 611 Bagged Baby Carrots 502 "Kick It" Crunchy Puffs 670 Fresh Fruit 686 Rosati "Nice" Ice OR 641 Tropical Raisels 993 Holiday Cookie
16 236 Turkey & Two Cheese Wedge  634 Ruby Rusher Veggie Juice 621 Celery Sticks 654 Raspberry Lemonade Craisins 447 Mott's Apple White Grape 928 Pretzel Goldfish	17 228 Turkey Ham & Cheese Sub  620 Salsa 140 Fiesta Bean Dip 631 Cherry Star Veggie Juice 445 Mott's Fruit Punch Juice 609 Mixed Fruit Cup 941 Tostitos Scoops	18 251 Grilled Cheese  Ash Wednesday 630 Dragon Punch Veggie Juice 602 PA Dutch Potato Salad 670 Fresh Fruit 446 Mott's Apple Juice	19 232 Buffalo Chicken & Cheddar On Brioche Bun OR 480 Sausage Kolache & 932 Cinnamon Scooby Snacks 706 Spinach Salad w. Tomatoes 632 Wango Mango Veggie Juice 670 Fresh Fruit 642 Orange Burst Raisels	20 261 Soy Butter & Jelly Sandwich  OR 251 Grilled Cheese  633 Sunset Sip Veggie Juice 611 Bagged Baby Carrots 502 "Kick It" Crunchy Puffs 670 Fresh Fruit 684 Strawberry Banana Applesauce
23 233 Rotisserie Chicken & Mozzarella On Brioche Bun 611 Bagged Baby Carrots 140 Fiesta Bean Dip 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 659 Watermelon Craisins 932 Cinnamon Scooby Snacks	24 234 Turkey Ham & Two Cheese on Roll 620 Salsa 632 Wango Mango Veggie Juice 670 Fresh Fruit 610 Papaya Mango Cup 941 Tostitos Scoops	25 237 Italian Sandwich National Muffin Day 631 Cherry Star Veggie Juice 601 Homestyle Potato Salad 641 Tropical Raisels 447 Mott's Apple White Grape Juice	26 242 Chicken, Turkey Ham & Cheese Wedge Sandwich 708 Spinach Salad w. Chickpeas 633 Sunset Sip Veggie Juice 670 Fresh Fruit 658 Cherry Craisins	27 251 Grilled Cheese  621 Celery Sticks 630 Dragon Punch Veggie Juice 670 Fresh Fruit OR 682 Bananas 684 Strawberry Banana Applesauce

V= Vegetarian Options

PLEASE READ CAREFULLY - Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children and will not trigger an allergic reaction OR related illness. The Archdiocese of Philadelphia, Nutritional Development Services, Inc. and your children's school shall not be responsible for any allergic reaction OR related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide parents with information on any food item, which has been provided by the supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.

February 2026



Love, Legacy, and Wellness

February is a month full of meaning and celebration! It's a time for love and kindness with Valentine's Day, a time to honor and learn during Black History Month, and a time to focus on heart health by making caring choices for our bodies. This month is a chance to share kindness, celebrate diversity, and enjoy meals that nourish both heart and mind. Let's make this month one of love, learning, and healthy living together!

Love & Kindness Corner

February is all about kindness, friendship, and caring for one another! This month, love can be spread at school through small acts of kindness, such as:

- ♥ Helping a classmate
- ♥ Writing a thank-you note
- ♥ Giving a compliment
- ♥ Inviting someone to join in your games

Love Bites

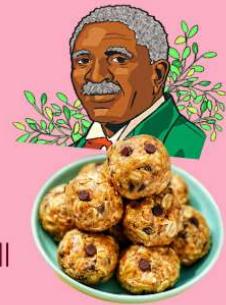
George Washington Carver was a brilliant scientist and inventor who loved plants. He spent his life finding new ways to use crops like peanuts, sweet potatoes, and cotton. Carver helped farmers grow healthier food, protect the soil, and make useful products. Celebrate his legacy by making peanut butter protein balls!

Ingredients:

- 1 cup peanut butter
- ½ cup oats
- ¼ cup honey or maple syrup
- ¼ cup mini chocolate chips or raisins (optional)

Instructions:

- In a bowl, mix peanut butter and honey until smooth
- Stir in oats
- Roll the mixture into small bite-sized balls
- Chill in the fridge for 10–20 minutes
- Enjoy your Carver-inspired snack while thinking about all the amazing ways he used peanuts! 🌱



Make Your Own Punny Valentine!

Every year, there are 1 billion Valentine's Day cards exchanged around the world! Try making yours one-of-a-kind with a funny pun. Need some inspiration? Try these punny ideas:



Invention Inspiration!

Have fun finding words while celebrating the creativity and innovation of African American inventors that help shape our everyday lives!

T R A F F I C L I G H T
W B G A S M A S K T G S
P R G C N L P Q N B P O
N C A R T R I D G E S I
W F R I D G E O R K I G
S U P E R S O A K E R M
B L O O D B A N K J Z M
L V E H A I R C A R E R

- SUPERSOAKER
- TRAFFICLIGHT
- GASMASK
- BLOODBANK
- CARTRIDGE
- HAIRCARE
- FRIDGE
- GPS



Scan for Answers!

