

Middle & High School Breakfast 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
2 327 Maple Mini Waffles OR 338 French Toast Sticks (Heat)  659 Watermelon Craisins 670 Fresh Fruit Alt: 321 Banana Muffin OR 390 Chocolate Chip Muffin Kit	3 366 Blueberry Bagel OR 308 Strawberry Mini Bagel 447 Mott's Apple White Grape 670 Fresh Fruit Alt: 321 Banana Muffin OR 390 Chocolate Chip Muffin Kit	4 327 Maple Mini Pancakes OR 306 Apple Baked Frudel (Heat) 445 Mott's Fruit Punch 697 Bagged Sliced Apples Alt: 321 Banana Muffin OR 390 Chocolate Chip Muffin Kit	5 369 Trix Mini French Toast OR 351 Cinnamon Toast Crunch Bar 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape Alt: 321 Banana Muffin OR 390 Chocolate Chip Muffin Kit	6 325 Cinnamon Chex Cup OR 323 Apple Cinnamon Muffin 658 Cherry Craisins 670 Fresh Fruit OR 682 Bananas Alt: 321 Banana Muffin OR 390 Chocolate Chip Muffin Kit
9 364 Mini Cinni Pull-A-Part OR 324 Cocoa Puffs Cup 445 Mott's Fruit Punch 610 Papaya Mango Cup Alt: 327 Maple Mini Waffles OR 387 Froot Loops BK Kit	10 326 Trix Cereal Cup OR 358 Poffitz Pancake Bites 446 Mott's Apple Juice 658 Cherry Craisins Alt: 327 Maple Mini Waffles OR 387 Froot Loops BK Kit	11 367 Cinnamon Raisin Bagel OR 328 Chocolate Chip Muffin 447 Mott's Apple White Grape 670 Fresh Fruit Alt: 327 Maple Mini Waffles OR 387 Froot Loops BK Kit  National Inventors Day	12 316 Maple Mini Pancakes OR 338 French Toast Sticks (Heat) 670 Fresh Fruit 641 Tropical Raisels Alt: 327 Maple Mini Waffles OR 387 Froot Loops BK Kit  National Hug Day	13 306 Apple Baked Frudel (Heat) OR 131 Mango Yogurt & 311 Apple Jacks Pouch 670 Fresh Fruit 657 Strawberry Craisins Alt: 327 Maple Mini Waffles OR 387 Froot Loops BK Kit
16 306 Apple Baked Frudel (Heat) OR 334 Cinnamon Toast Crunch Cup  447 Mott's Apple White Grape 658 Cherry Craisins Alt: 329 Honey Cheerios Cup OR 385 Trix Breakfast Kit	17 367 Cinnamon Raisin Bagel OR 324 Cocoa Puffs Cup  670 Fresh Fruit 654 Raspberry Lemonade Craisins Alt: 329 Honey Cheerios Cup OR 385 Trix Breakfast Kit	18 328 Chocolate Chip Muffin OR 308 Strawberry Mini Bagel Ash Wednesday  670 Fresh Fruit 446 Mott's Apple Juice Alt: 329 Honey Cheerios Cup OR 385 Trix Breakfast Kit	19 370 Cinnamon Toast Mini French Toast OR 131 Mango Yogurt & 922 Cinnamon Granola 659 Watermelon Craisins 670 Fresh Fruit Alt: 329 Honey Cheerios Cup OR 385 Trix Breakfast Kit	20 316 Maple Mini Pancakes OR 322 Blueberry Muffin 670 Fresh Fruit OR 682 Bananas 445 Mott's Fruit Punch Alt: 329 Honey Cheerios Cup OR 385 Trix Breakfast Kit
23 315 Apple Cinnamon Texas Toast (Heat) OR 134 Cherry Vanilla Yogurt & 312 Fruit Loops Pouch 445 Mott's Fruit Punch 670 Fresh Fruit Alt: 328 Chocolate Chip Muffin OR 384 Cinnamon Toast Crunch BK Kit	24 317 Confetti Mini Pancakes OR 329 Honey Cheerios Cup 670 Fresh Fruit 654 Raspberry Lemonade Craisins Alt: 328 Chocolate Chip Muffin OR 384 Cinnamon Toast Crunch BK Kit	25 319 Orange Cranberry Muffin OR 358 Poffitz Pancake Bites National Muffin Day  670 Fresh Fruit 446 Mott's Apple Juice Alt: 328 Chocolate Chip Muffin OR 384 Cinnamon Toast Crunch BK Kit	26 366 Blueberry Bagel OR 325 Cinnamon Chex Cup 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape Alt: 328 Chocolate Chip Muffin OR 384 Cinnamon Toast Crunch BK Kit	27 321 Banana Muffin OR 327 Maple Mini Waffles 670 Fresh Fruit OR 682 Bananas 641 Tropical Raisels Alt: 328 Chocolate Chip Muffin OR 384 Cinnamon Toast Crunch BK Kit

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

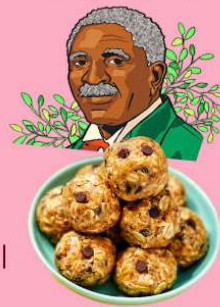
George Washington Carver was a brilliant scientist and inventor who loved plants. He spent his life finding new ways to use crops like peanuts, sweet potatoes, and cotton. Carver helped farmers grow healthier food, protect the soil, and make useful products. Celebrate his legacy by making peanut butter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

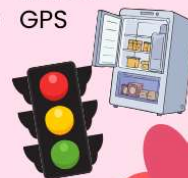


Invention Inspiration!

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!

