


Middle School Hot 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
2 206 French Toast w/ Sausage OR 480 Sausage Kolache & 992 Oatmeal Cookie  623 Tater Tots 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 659 Watermelon Craisins	3 215 Beef & Cheese Taco Stick OR 221 Two Cheese, Chicken Quesadilla OR 237 Italian Sandwich 611 Bagged Baby Carrots 140 Fiesta Bean Dip 670 Fresh Fruit 446 Mott's Apple Juice	4 257 Mozzarella Sticks V OR 256 Cheese Stuffed Breadsticks V 622 Marinara Sauce 630 Dragon Punch Veggie Juice 654 Raspberry Lemonade Craisins 670 Fresh Fruit	5 255 Pizzaboli V OR 264 4x6 Cheese Pizza V OR 242 Chicken, Turkey Ham & Cheese Wedge Sandwich 708 Spinach Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape	6 226 Philly Steak & Cheese Pinwheel OR 203 Mini Pepperoni Calzone 622 Marinara Cup 631 Cherry Star Veggie Juice 670 Fresh Fruit 686 Rosati "Nice" Ice
9 212 Taco Triangles OR 205 Popcorn Chicken & 928 Pretzel Goldfish 623 Tater Tots 634 Ruby Rusher Veggie Juice 447 Mott's Apple White Grape 684 Strawberry Banana Applesauce	10 268 French Bread Cheese Pizza V OR 263 5" Round Cheese Pizza V 622 Marinara Cup 649 Orange Gel Cup 658 Cherry Craisins	11 284 Chicken Alfredo, Penne and Broccoli OR 288 Mac & Cheese w/ Broccoli V 633 Sunset Sip Veggie Juice 658 Cherry Craisins 670 Fresh Fruit 909 Dinner Rolls  National Inventors Day	12 201 Cheeseburger V OR 220 Hot Dog & 906 Hot Dog Buns 708 Spinach Salad w. Chickpeas 670 Fresh Fruit 447 Mott's Apple White Grape  National Hug Day	13 204 Chicken Nuggets OR 203 Mini Pepperoni Calzone 611 Bagged Baby Carrots 502 "kick it" Crunchy Puffs 670 Fresh Fruit 686 Rosati "Nice" Ice 993 Holiday Cookie
16 201 Cheeseburger OR 208 Mini Corn Dogs  634 Ruby Rusher Veggie Juice 623 Tater Tots 654 Raspberry Lemonade Craisins 447 Mott's Apple White Grape 928 Pretzel Goldfish	17 215 Beef & Cheese Taco Stick OR 221 Two Cheese, Chicken Quesadilla  620 Salsa 140 Fiesta Bean Dip 609 Mixed Fruit Cup 445 Mott's Fruit Punch Juice 941 Tostitos Scoops	18 288 Mac & Cheese w/ V Broccoli & 909 Dinner Rolls OR 218 Mozzarella Pinwheel V & 622 Marinara Cup  630 Dragon Punch Veggie Juice 670 Fresh Fruit 446 Mott's Apple Juice	19 480 Sausage Kolache & 990 Chocolate Chip Cookie OR 226 Philly Steak & Cheese Pinwheel OR 232 Buffalo Chicken & Cheddar on Brioche Bun 706 Spinach Salad w. Tomatoes 670 Fresh Fruit 642 Orange Burst Raisels	20 263 5" Round Cheese Pizza V OR 264 4x6 Cheese Pizza V OR 251 Grilled Cheese V 633 Sunset Sip Veggie Juice 502 "kick it" Crunchy Puffs 670 Fresh Fruit 684 Strawberry Banana Applesauce
23 255 Pizzaboli V OR 203 Mini Pepperoni Calzone OR 233 Rotisserie Chicken & Mozzarella on Brioche Bun 611 Bagged Baby Carrots 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 659 Watermelon Craisins	24 215 Beef & Cheese Taco Stick OR 216 Spicy Beef Taco Stick OR 234 Turkey Ham & Two Cheese on Roll 620 Salsa Cup 140 Fiesta Bean Dip 670 Fresh Fruit 610 Papaya Mango Cup 941 Tostitos Scoops	25 280 Beef Burger w/ Green Beans & 915 Hamburger Buns OR 281 Popcorn Chicken and Potatoes & 939 Heartzel Pretzels  631 Cherry Star Veggie Juice 641 Tropical Raisels 447 Mott's Apple White Grape	26 268 French Bread Cheese Pizza V OR 204 Chicken Nuggets & 932 Cinnamon Scooby Snacks OR 242 Chicken, Turkey Ham & Cheese Wedge 708 Spinach Salad w. Chickpeas 670 Fresh Fruit 658 Cherry Craisins	27 257 Mozzarella Sticks V OR 256 Cheese Stuffed Breadsticks V 622 Marinara Sauce 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!

