

# Middle School Hot Lunch Menu

## February 2026

"Vegetable are the way of life"- Noah P., 7<sup>th</sup> 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.

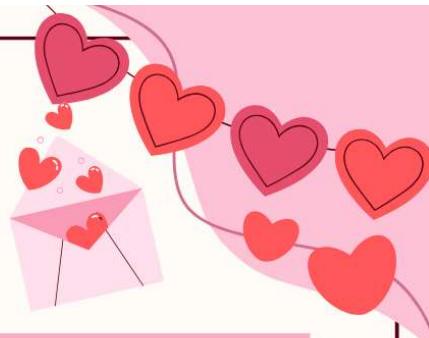
Monday	Tuesday	Wednesday	Thursday	Friday
<b>206</b> French Toast w/ Sausage OR <b>480</b> Sausage Kolache & <b>992</b> Oatmeal Cookie   <b>623</b> Tater Tots <b>634</b> Ruby Rusher Veggie Juice <b>670</b> Fresh Fruit <b>659</b> Watermelon Craisins	<b>215</b> Beef & Cheese Taco Stick OR <b>221</b> Two Cheese, Chicken Quesadilla OR <b>237</b> Italian Sandwich  <b>611</b> Bagged Baby Carrots <b>140</b> Fiesta Bean Dip <b>670</b> Fresh Fruit <b>446</b> Mott's Apple Juice	<b>257</b> Mozzarella Sticks OR <b>256</b> Cheese Stuffed Breadsticks  <b>622</b> Marinara Sauce <b>630</b> Dragon Punch Veggie Juice <b>654</b> Raspberry Lemonade Craisins <b>670</b> Fresh Fruit	<b>254</b> Pizzaboli <b>V</b> OR <b>264</b> 4x6 Cheese Pizza OR <b>242</b> Chicken, Turkey Ham & Cheese Wedge Sandwich  <b>708</b> Spinach Salad w. Chickpeas <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>447</b> Mott's Apple White Grape	<b>226</b> Philly Steak & Cheese Pinwheel OR <b>203</b> Mini Pepperoni Calzone  <b>622</b> Marinara Cup <b>631</b> Cherry Star Veggie Juice <b>670</b> Fresh Fruit <b>686</b> Rosati "Nice" Ice
<b>212</b> Taco Triangles OR <b>205</b> Popcorn Chicken & <b>928</b> Pretzel Goldfish  <b>623</b> Tater Tots <b>634</b> Ruby Rusher Veggie Juice <b>447</b> Mott's Apple White Grape <b>684</b> Strawberry Banana Applesauce	<b>268</b> French Bread Cheese Pizza <b>V</b> OR <b>263</b> 5" Round Cheese Pizza <b>V</b>  <b>622</b> Marinara Cup <b>649</b> Orange Gel Cup <b>658</b> Cherry Craisins	<b>284</b> Chicken Alfredo, Penne and Broccoli OR <b>288</b> Mac & Cheese w/ Broccoli <b>V</b>  <b>633</b> Sunset Sip Veggie Juice <b>658</b> Cherry Craisins <b>670</b> Fresh Fruit <b>909</b> Dinner Rolls	<b>201</b> Cheeseburger <b>V</b> OR <b>220</b> Hot Dog & <b>906</b> Hot Dog Buns  <b>708</b> Spinach Salad w. Chickpeas <b>670</b> Fresh Fruit <b>447</b> Mott's Apple White Grape	<b>204</b> Chicken Nuggets OR <b>203</b> Mini Pepperoni Calzone  <b>611</b> Bagged Baby Carrots <b>502</b> "kick it" Crunchy Puffs <b>670</b> Fresh Fruit <b>686</b> Rosati "Nice" Ice <b>993</b> Holiday Cookie
<b>201</b> Cheeseburger OR <b>208</b> Mini Corn Dogs   <b>634</b> Ruby Rusher Veggie Juice <b>623</b> Tater Tots <b>654</b> Raspberry Lemonade Craisins <b>447</b> Mott's Apple White Grape <b>928</b> Pretzel Goldfish	<b>215</b> Beef & Cheese Taco Stick OR <b>221</b> Two Cheese, Chicken Quesadilla   <b>620</b> Salsa <b>140</b> Fiesta Bean Dip <b>609</b> Mixed Fruit Cup <b>445</b> Mott's Fruit Punch Juice <b>941</b> Tostitos Scoops	<b>288</b> Mac & Cheese w/ <b>V</b> Broccoli & <b>909</b> Dinner Rolls OR <b>218</b> Mozzarella Pinwheel <b>V</b>   <b>630</b> Dragon Punch Veggie Juice <b>670</b> Fresh Fruit <b>446</b> Mott's Apple Juice	<b>480</b> Sausage Kolache & <b>990</b> Chocolate Chip Cookie OR <b>226</b> Philly Steak & Cheese Pinwheel OR <b>232</b> Buffalo Chicken & Cheddar on Brioche Bun  <b>706</b> Spinach Salad w. Tomatoes <b>670</b> Fresh Fruit <b>642</b> Orange Burst Raisels	<b>263</b> 5" Round Cheese Pizza <b>V</b> OR <b>264</b> 4x6 Cheese Pizza <b>V</b> OR <b>251</b> Grilled Cheese <b>V</b>  <b>633</b> Sunset Sip Veggie Juice <b>502</b> "kick it" Crunchy Puffs <b>670</b> Fresh Fruit <b>684</b> Strawberry Banana Applesauce
<b>255</b> Pizzaboli <b>V</b> OR <b>203</b> Mini Pepperoni Calzone OR <b>233</b> Rotisserie Chicken & Mozzarella on Brioche Bun  <b>611</b> Bagged Baby Carrots <b>634</b> Ruby Rusher Veggie Juice <b>670</b> Fresh Fruit <b>659</b> Watermelon Craisins	<b>215</b> Beef & Cheese Taco Stick OR <b>216</b> Spicy Beef Taco Stick OR <b>234</b> Turkey Ham & Two Cheese on Roll  <b>620</b> Salsa Cup <b>140</b> Fiesta Bean Dip <b>670</b> Fresh Fruit <b>610</b> Papaya Mango Cup <b>941</b> Tostitos Scoops	<b>280</b> Beef Burger w/ Green Beans & <b>915</b> Hamburger Buns OR <b>281</b> Popcorn Chicken and Potatoes & <b>939</b> Heartzel Pretzels   <b>631</b> Cherry Star Veggie Juice <b>641</b> Tropical Raisels <b>447</b> Mott's Apple White Grape	<b>268</b> French Bread Cheese Pizza <b>V</b> OR <b>204</b> Chicken Nuggets & <b>932</b> Cinnamon Scooby Snacks OR <b>242</b> Chicken, Turkey Ham & Cheese Wedge  <b>708</b> Spinach Salad w. Chickpeas <b>670</b> Fresh Fruit <b>658</b> Cherry Craisins	<b>257</b> Mozzarella Sticks <b>V</b> OR <b>256</b> Cheese Stuffed Breadsticks <b>V</b>  <b>622</b> Marinara Sauce <b>630</b> Dragon Punch Veggie Juice <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>684</b> 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

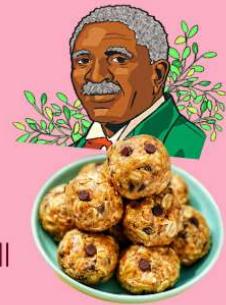
George Washington Carver was a brilliant scientist and inventor who loved plants. He spent his life finding new ways to use crops like peanuts, sweet potatoes, and cotton. Carver helped farmers grow healthier food, protect the soil, and make useful products. Celebrate his legacy by making peanut butter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

