





Four easy ways to pay for meals:

1. Go to www.MyPaymentsPlus.com to make a payment with your MasterCard or Visa; a convenience fee of 4.75% applies.
2. Call 229-FOOD (229-3663) to make a payment with your MasterCard or Visa using the Lunch Phone System, a convenience fee of \$1.25 applies per transaction.
3. Mail a check to MCS Child Nutrition, 211 North East Street, Mason, OH 45040.
4. Give a check or cash to the Child Nutrition Worker.

Mason High School Lunch Menu August 2017




Lunch Prices:
\$2.70, \$3.50 \$3.70 & \$4.50
2nd Entrée: \$2.10, \$2.75
2nd Slice Pizza: \$2.75
Ala Carte Milk: \$0.55
Ala Carte Bottled Water (8oz): \$0.55

Monday	Tuesday	Wednesday	Thursday	Friday
<p>14</p> <p>WELCOME BACK!</p>	<p>15 Popcorn Chicken w/ Biscuit Tender Green Beans* Baby Carrots* Choice of 2 Fruits* Milk</p>	<p>16 Cheese Coney Bar "Bush's Best" Vegetarian Baked Beans* Hearty Spinach Salad* Choice of 2 Fruits* Milk</p> 	<p>17 General Tso's Chicken w/ Brown Rice & Dinner Roll Stir-Fry Vegetables* Cucumber Slices* Choice of 2 Fruits* Milk</p>	<p>18 Italian Pasta Bar w/ Breadstick (Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce) Tossed Mix Salad* Grape Tomatoes* Choice of 2 Fruits* Milk</p>
<p>21 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Red Pepper Strips* Choice of 2 Fruits* Milk</p>	<p>22 Sweet Southern BBQ Chicken Sandwich Steamed Golden Corn* Spring Mix Salad* Choice of 2 Fruits* Milk</p>	<p>23 Cincinnati Chili & Spaghetti Bar w/ Oyster Crackers Kidney Beans* Grape Tomatoes* Choice of 2 Fruits* Milk</p>	<p>24 Mini Turkey Corn Dogs Tossed Mix Salad* Green Pepper Strips* Choice of 2 Fruits* Milk</p>	<p>25 Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Crisp Romaine Salad* Celery Sticks* Choice of 2 Fruits* Milk</p>
<p>28 Toasted Cheese Sandwich "Campbell's" Tomato Soup* Tater Tots* Choice of 2 Fruits* Milk</p> 	<p>29 Spicy Chicken Strips w/ Biscuit Steamed Carrots* Hearty Spinach Salad* Choice of 2 Fruits* Milk</p>	<p>30 Cheese Coney Bar "Bush's Best" Vegetarian Baked Beans* Cucumber Slices* Choice of 2 Fruits* Milk</p> 	<p>31 Orange Chicken w/ Brown Rice & Dinner Roll Steamed Broccoli Florets* Red Pepper Strips* Choice of 2 Fruits* Milk</p>	 <p>Grilled Chicken Caesar Salad</p>

A complete lunch consists of 5 food components: grains (part of entrée), protein (part of entrée), fruits, vegetables and milk. Under National School Lunch guidelines, students must choose 3 of the 5 food components and 1 must be a fruit or vegetable. Students may choose 2 fruits and/or 2 vegetables.

Check out Child Nutrition's Interactive Menus!

Go to mcschildnutrition.com OR masonohschools.com, click on 'Departments' then 'Child Nutrition.'

The interactive menus are identified with the  icon next to them.

Specialty Pizzas Offered:

Monday: Buffalo Chicken
Tuesday: Turkey Bacon Ranch
Wednesday: Meat Lovers
Thursday: Buffalo Chicken
Friday: Turkey Bacon Ranch

Additional Offerings Include: Offered Daily:

Café Feature or South of the Border Tacos, Nachos w/ Cheese and/or Beef Taco Meat, Taco Salad, Hot Pretzel w/ Cheese, Cheese, Pork Pepperoni or Specialty Pizza, Hamburger or Cheeseburger, Grilled, Breaded or Hot & Spicy Chicken Sandwiches, Specialty Salads: Chef, Cobb, Greek Grilled Chicken Salad and **NEW** this year Grilled Chicken Caesar Salad, Deli Subs & Sandwiches, Hummus Meal, Mac & Cheese w/ Toppings, PB & J Sandwich, Yogurt Parfait w/ Granola, Deli Turkey & Cheese Wrap; **Available on Fridays:** Fish Sandwich

*Additional fruit and vegetable choices are available daily.