

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.

Western Row Elementary Lunch Menu August 2017

Fuel Up with School Breakfast at WR!

K-2 Students Welcome

Served Daily: 8:55-9:15 AM

Breakfast Meal Price: \$1.70

See Menu On-Line



Monday	Tuesday	Wednesday	Thursday	Friday
<p>14</p> <p style="text-align: center;">WELCOME BACK!</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <p>Lunch Price: \$2.60 Ala Carte Milk: \$0.55 Ala Carte Bottled Water (8oz): \$0.55</p> </div>	<p>15</p> <p>Tony's Cheese Pizza OR Hamburger or Cheeseburger Green Pepper Strips* "Bush's Best" Vegetarian Baked Beans* Orange Smiles* Milk </p>	<p>16</p> <p>Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR Deli Turkey & Cheese Sandwich Spring Mix Salad* Celery Sticks* Slushy Strawberry Kiwi Juice Cup* Milk </p>	<p>17</p> <p>Mini Pillsbury Pancakes w/ Scrambled Eggs OR Apple Filled Frudel w/ Scrambled Eggs Tater Tots* </p> <p>Grape Tomatoes* 100% Apple, Orange or Grape Juice* Milk</p>	<p>18</p> <p>Chicken Fingers w/ Dinner Roll OR Fish Sandwich Oven Baked French Fries* Crisp Romaine Salad* Mixed Fruit* Milk</p>
<p>21</p> <p>Toasted Cheese Sandwich OR Deli Turkey & Cheese Sandwich "Campbell's" Tomato Soup* Tossed Mix Salad* Pineapple Tidbits* Milk </p>	<p>22</p> <p>Tony's Cheese Pizza OR Hot Ham & Cheese Sandwich Spinach Salad* Crunchy Cucumber Slices* Mandarin Oranges* Milk </p>	<p>23</p> <p>Popcorn Chicken w/ Biscuit OR Cheese Quesadilla w/ Choice of Sour Cream & Salsa Chipotle Black Beans* Sweet & Juicy Red Pepper Strips* Chilled Strawberry Cup* Milk</p>	<p>24</p> <p>Mini Pillsbury Waffles w/ Turkey Sausage Links OR Mini Cinnis w/ Turkey Sausage Links Hash Brown Potato Triangles* Crisp Romaine Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p>25</p> <p>Mini Turkey Corn Dogs OR Mini Fish Sticks Mini "Night Vision" Carrots* </p> <p>Mini Tater Tots* Mini Diced Pears* Milk Mini Scooby Doo Fruit Snacks w/ the purchase of any Meal!</p>
<p>28</p> <p>Macaroni & Cheese w/ Dinner Roll OR Turkey Hot Dog on Bun Steamed Broccoli Florets* Grape Tomatoes* Tropical Fruit Salad* Milk </p> <p>August </p> <p>Happy Birthday Celebration! Mini Rice Krispie Treat w/ any Meal!</p>	<p>29</p> <p>Tony's Cheese Pizza OR American Sub (Ham, Turkey & Cheese on Sub Bun) Steamed Carrot Coins* Green Pepper Strips* Cinnamon Applesauce Cup* Milk</p>	<p>30</p> <p>Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR Mexican Burrito (Beef & Bean) Choice of Salsa & Sour Cream Refried Beans* Celery Sticks* Red Grapes* </p> <p>Milk</p>	<p>31</p> <p>Mini Pillsbury Pancakes w/ Scrambled Eggs OR Apple Filled Frudel w/ Scrambled Eggs Tater Tots* Crunchy Cucumber Slices* 100% Apple, Orange or Grape Juice* Milk</p>	<p>Choose: MyPlate.gov</p>

August
Happy Birthday Celebration!
Every student who purchases a meal on **August 28** will receive a Mini Rice Krispie Treat.

Check out Child Nutrition's Interactive Menus!
Go to mcschildnutrition.com OR masonohioschools.com, click on 'Departments' then 'Child Nutrition.'

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

A complete lunch has 5 components: grains (part of entrée), protein (part of entrée), fruits, vegetables, and milk.

To make your lunch a meal, choose:

- At least 1 fruit or vegetable and
- At least 2 additional food components

Daily: Large Green Salad w/ Cheese, Mini Blueberry Loaf & Goldfish Crackers, PB&J Uncrustable w/ String Cheese & Goldfish Crackers;
Monday, Friday: Yogurt, String Cheese & Goldfish Crackers;
Tuesday, Wednesday, Thursday: Yogurt, String Cheese, Mini Blueberry Loaf & Goldfish Crackers;
 *Additional fruit and vegetable choices are available daily.