

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 September 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>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.</p>		<p>Check out Child Nutrition's NEW website! Go to mcschildnutrition.com OR masonohischools.com, click on 'Departments' then 'Child Nutrition.' Access nutrition and ingredient information by clicking the link on the bottom of the home page.</p>		<p>1 Italian Pasta Bar w/ Breadstick (Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce) Tossed Mix Salad* Baby Carrots* Choice of 2 Fruits* Milk</p>	
<p>4 No School </p>	<p>5 Chicken Patty Sandwich Green Pepper Strips* Grape Tomatoes* Choice of 2 Fruits* Milk</p>	<p>6 Cincinnati Chili & Spaghetti Bar w/ Oyster Crackers Kidney Beans* Baby Carrots* Choice of 2 Fruits* Milk</p>	<p>7 Brunch for Lunch French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Triangles* Hearty Spinach Salad* Choice of 2 Fruits* Milk</p>	<p>8 Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Crisp Romaine Salad* Celery Sticks* Choice of 2 Fruits* Milk</p>	
<p>11 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Red Pepper Strips* Choice of 2 Fruits* Milk</p>	<p>12 Popcorn Chicken w/ Biscuit Tender Green Beans* Baby Carrots* Choice of 2 Fruits* Milk</p>	<p>13 Cheese Coney Bar "Bush's Best" Vegetarian Baked Beans* Hearty Spinach Salad* Choice of 2 Fruits* Milk</p>	<p>14 Teriyaki Chicken w/ Brown Rice & Dinner Roll Steamed Broccoli Florets* Cucumber Slices* Choice of 2 Fruits* Milk</p>	<p>15 Pepperoni Calzone  Tossed Mix Salad* Celery Sticks* Choice of 2 Fruits* Milk</p>	
<p>18 Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Choice of 2 Fruits* Milk</p>	<p>19 Sweet Southern BBQ Chicken Sandwich Steamed Carrots* Spring Mix Salad* Choice of 2 Fruits* Milk</p>	<p>20 Cincinnati Chili & Spaghetti Bar w/ Oyster Crackers Kidney Beans* Crisp Romaine Salad* Choice of 2 Fruits* Milk</p>	<p>21 Mini Turkey Corn Dogs Tossed Mix Salad* Green Pepper Strips* Choice of 2 Fruits* Milk</p>	<p>22 Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Grape Tomatoes* Celery Sticks* Choice of 2 Fruits* Milk</p>	
<p>25 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Red Pepper Strips* Choice of 2 Fruits* Milk</p>	<p>26 Spicy Chicken Strips w/ Biscuit Steamed Carrots* Hearty Spinach Salad* Choice of 2 Fruits* Milk</p>	<p>27 Cheese Coney Bar "Bush's Best" Vegetarian Baked Beans* Cucumber Slices* Choice of 2 Fruits* Milk</p>	<p>28 General Tso's Chicken w/ Brown Rice & Dinner Roll Stir-Fry Vegetables* Grape Tomatoes* Choice of 2 Fruits* Milk</p>	<p>29 Italian Pasta Bar w/ Breadstick (Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce) Tossed Mix Salad* Baby Carrots* Choice of 2 Fruits* Milk</p>	

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, Peanut Butter & Jelly Sandwich,

Yogurt Parfait w/ Granola, Deli Turkey & Cheese Wrap; **Available on Fridays:** Fish Sandwich

*Additional fruit and vegetable choices are available daily.

MCS Office of Child Nutrition

336-6526

Located at Mason Central: 211 North East St. Mason, OH 45040

"This institution is an equal opportunity provider."