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1. Go to [www.MyPaymentsPlus.com](http://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 Early Childhood Center Lunch Menu October 2017

**Fuel Up with School Breakfast at MECC!**  
**K-2 Students Welcome**  
**Served Daily: 9:00-9:20 AM**  
**Breakfast Meal Price: \$1.70**  
**See Menu On-Line**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Popcorn Chicken w/ Biscuit                      “Smiley Face” Potatoes*                      Tossed Mix Salad*                      Apple Slices*                      Milk</p>	<p><b>3</b> Tony's Cheese OR                      Pork Pepperoni Pizza                      Grape Tomatoes*                      Crunchy Cucumber Slices*                      Pineapple Tidbits*                      Milk</p> 	<p><b>4</b> Hamburger or Cheeseburger                      “Bush’s Best” Vegetarian                      Baked Beans*                      Crisp Romaine Salad*                      Diced Pears*                      Milk</p>	<p><b>5</b> French Toast Sticks w/                      Turkey Sausage Links OR                      Mini Cinnis w/ Turkey Sausage Links                      Hash Brown Potato Triangles*                      Spring Mix Salad*                      100% Apple, Orange or Grape Juice*                      Milk</p>	<p><b>6</b> Turkey Hot Dog w/ Bun                      Steamed Peas*                      Sweet &amp; Juicy Red Pepper Strips*                      Chilled Peach Cup*                      Milk</p>
<p><b>9</b> Toasted Cheese Sandwich                      “Campbell’s” Tomato Soup*                      Tossed Mix Salad*                      Applesauce Cup*                      Milk</p> 	<p><b>10</b> Tony's Cheese Pizza                      “Bush’s Best” Vegetarian Baked Beans*                      Green Pepper Strips*                      Orange Smiles*                      Milk</p> 	<p><b>11</b> Bosco Cheese Filled Breadsticks                      w/ Marinara Sauce                      Spinach Salad*                      Baby Carrots*                      Red Grapes*                      Milk</p>	<p><b>12</b> Mini Pillsbury Pancakes w/                      Scrambled Eggs OR                      Apple Filled Frudel w/                      Scrambled Eggs                      Tater Tots*                      Grape Tomatoes*                      100% Apple, Orange or Grape Juice*                      Milk</p> 	<p><b>13</b> Chicken Fingers w/ Dinner Roll                      Oven Baked French Fries*                      Crisp Romaine Salad*                      Mixed Fruit*                      Milk</p>
<p><b>National School Lunch Week - October 9-13</b></p>				
<p><b>16</b> <b>No School</b>  <b>Professional Work Day</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> <p><b>Lunch Price: \$2.60</b>  <b>Ala Carte Milk: \$0.55</b>  <b>Ala Carte Bottled Water (8oz): \$0.55</b></p> </div>	<p><b>17</b> Tony's Cheese Pizza OR                      Pork Pepperoni Pizza                      Chipotle Black Beans*                      Crunchy Cucumber Slices*                      Mandarin Oranges*                      Milk</p>	<p><b>18</b> Popcorn Chicken w/ Biscuit                      Spinach Salad*                      Grape Tomatoes*                      Turkey Sausage Links*                      Diced Peaches*                      Milk</p>	<p><b>19</b> French Toast Sticks w/                      Turkey Sausage Links OR                      Mini Pillsbury Waffles w/                      Turkey Sausage Links                      Hash Brown Potato Triangles*                      Crisp Romaine Salad*                      100% Apple, Orange or Grape Juice*                      Milk</p>	<p><b>20</b> Mini Turkey Corn Dogs                      Mini “Night Vision” Carrots*                      Mini Tater Tots*                      Mini Diced Pears*                      Milk</p>  <p style="text-align: center;"><b>Mini Scooby Doo Fruit Snacks w/                      the purchase of any Meal!</b></p>
<p><b>23</b> Macaroni &amp; Cheese w/ Dinner Roll                      Steamed Broccoli Florets*                      Grape Tomatoes*                      Pineapple Tidbits*                      Milk</p>    <p style="text-align: center;"><b>October</b></p> <p style="text-align: center;"><b>Happy Birthday Celebration!</b>  <i>Mini Rice Krispie Treat w/ any Meal!</i></p>	<p><b>24</b> Tony's Cheese Pizza                      Steamed Carrot Coins*                      Crunchy Cucumber Slices*                      Mixed Berries*                      Milk</p> 	<p><b>25</b> Chicken Fingers w/ Biscuit                      “Smiley Face” Potatoes*                      Celery Sticks*                      Red Grapes*                      Milk</p>  	<p><b>26</b> Mini Pillsbury Pancakes w/                      Scrambled Eggs OR                      Apple Filled Frudel w/                      Scrambled Eggs                      Tater Tots*                      Sweet &amp; Juicy Red Pepper Strips*                      100% Apple, Orange or Grape Juice*                      Milk</p> 	<p><b>27</b> Hamburger or Cheeseburger                      “Bush’s Best” Vegetarian                      Baked Beans*                      Crisp Romaine Salad*                      Apple Slices*                      Milk</p> 
<p><b>30</b> “Spooky” Shaped Chicken Nuggets                      w/ Dinner Roll                      Oven Baked French Fries*                      Tossed Mix Salad*                      Pineapple Tidbits*                      Milk</p> 	<p><b>31</b> Tony's Cheese OR                      Pork Pepperoni Pizza                      Grape Tomatoes*                      Crunchy Cucumber Slices*                      “Spooky” Orange &amp; Lime Juice Cup*                      Milk</p> 	<div style="border: 1px solid black; padding: 10px;"> <p><b>Check out Child Nutrition’s Interactive Menus!</b>                      Go to <a href="http://mcschildnutrition.com">mcschildnutrition.com</a> OR <a href="http://masonohischools.com">masonohischools.com</a>, click on ‘Departments’ then ‘Child Nutrition.’                      The interactive menus are identified with the  icon next to them.</p> </div>		

**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

**Additional Entrées Served:**

**Daily:** Large Green Salad w/ Cheese, Mini Blueberry Loaf & Goldfish Crackers, Peanut Butter & Jelly 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.

**Red Ribbon Week**  
**October 23-27**



**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.”