

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 October 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>2 Popcorn Chicken w/ Biscuit OR American Sub (Ham, Turkey & Cheese on Sub Bun) "Smiley Face" Potatoes* Baby Carrots* Apple Slices* Milk</p>	<p>3 Tony's Cheese OR Pork Pepperoni Pizza OR Deli Turkey Sandwich Grape Tomatoes* Crunchy Cucumber Slices* Pineapple Tidbits* Milk </p>	<p>4 Soft Tacos w/ Beef & Cheese Choice of Sour Cream & Salsa OR Hamburger or Cheeseburger Refried Beans* Shredded Lettuce Salad* Diced Pears* Milk</p>	<p>5 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>6 Tony's Personal Pan Cheese Pizza OR Turkey Corn Dog Steamed Peas* Sweet & Juicy Red Pepper Strips* Chilled Peach Cup* Milk</p>
<p>9 Toasted Cheese Sandwich OR Deli Turkey & Cheese Sandwich "Campbell's" Tomato Soup* Tossed Mix Salad* Applesauce Cup* Milk</p>	<p>10 Tony's Cheese Pizza OR Hamburger or Cheeseburger "Bush's Best" Vegetarian Baked Beans* Green Pepper Strips* Orange Smiles* Milk </p>	<p>11 Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR Deli Turkey & Cheese Sandwich Spinach Salad* Baby Carrots* Red Grapes* Milk</p>	<p>12 Mini Pillsbury Pancakes w/ Scrambled Eggs OR Apple Filled Frudel w/ Scrambled Eggs Tater Tots* Grape Tomatoes* </p>	<p>13 Chicken Fingers w/ Dinner Roll OR Fish Sandwich Oven Baked French Fries* Crisp Romaine Salad* Mixed Fruit* Milk</p>
National School Lunch Week - October 9-13				
<p>16 No School Professional Work Day</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>17 Tony's Cheese Pizza OR Pork Pepperoni Pizza OR Hot Ham & Cheese Sandwich Spinach Salad* Crunchy Cucumber Slices* Mandarin Oranges* Milk</p>	<p>18 Popcorn Chicken w/ Biscuit OR Cheese Quesadilla w/ Choice of Sour Cream & Salsa Chipotle Black Beans* Grape Tomatoes* Diced Peaches* Milk</p>	<p>19 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>20 Mini Turkey Corn Dogs OR Mini Fish Sticks Mini "Night Vision" Carrots* Mini Tater Tots* Mini Diced Pears* Milk </p> <p style="text-align: center;">Mini Scooby Doo Fruit Snacks w/ the purchase of any Meal!</p>
<p>23 Macaroni & Cheese w/ Dinner Roll OR Turkey Hot Dog on Bun Steamed Broccoli Florets* Grape Tomatoes* Pineapple Tidbits* Milk </p> <p style="text-align: center;">October</p> <p style="text-align: center;">Happy Birthday Celebration! <i>Mini Rice Krispie Treat w/ any Meal!</i></p>	<p>24 Tony's Cheese Pizza OR American Sub (Ham, Turkey & Cheese on Sub Bun) Steamed Carrot Coins* Crunchy Cucumber Slices* Mixed Berries* Milk </p>	<p>25 Chicken Fingers w/ Biscuit OR Mexican Burrito (Beef & Bean) Choice of Salsa & Sour Cream Refried Beans* "Smiley Face" Potatoes* Red Grapes* Milk </p>	<p>26 Mini Pillsbury Pancakes w/ Scrambled Eggs OR Apple Filled Frudel w/ Scrambled Eggs Tater Tots* Sweet & Juicy Red Pepper Strips* 100% Apple, Orange or Grape Juice* Milk </p>	<p>27 Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR Fish Sandwich Celery Sticks* Crisp Romaine Salad* Apple Slices* Milk </p>
<p>30 "Spooky" Shaped Chicken Nuggets w/ Dinner Roll OR American Sub (Ham, Turkey & Cheese on Sub Bun) Oven Baked French Fries* Tossed Mix Salad* Pineapple Tidbits* Milk </p>	<p>31 Tony's Cheese OR Pork Pepperoni Pizza OR Deli Turkey Sandwich Grape Tomatoes* Crunchy Cucumber Slices* "Spooky" Orange & Lime Juice Cup* Milk </p>	<p><u>Check out Child Nutrition's Interactive Menus!</u> Go to mcschildnutrition.com OR masonohschools.com, click on 'Departments' then 'Child Nutrition.' The interactive menus are identified with the icon next to them.</p>		

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, 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."