

National School Lunch Week



October 9th - 13th

See the Guest Chef from

JTM Food Group on Tuesday, October 10th!



Mason Intermediate Campus

Lunch Menu October 2017

Fuel Up Each Day with A Healthy Breakfast at MI!
Breakfast is available in both MI cafeterias and from a breakfast cart located by the 100 wing next to the Take 5 Room
Cafeteria: 7:45-8:10 AM
Breakfast Meal Price: \$1.80



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Diced Pears* Milk</p>	<p>3 Orange Chicken w/ Brown Rice Steamed Broccoli Florets* Celery Sticks* Kicking Kiwi* Milk</p>	<p>4 <i>Brunch for Lunch</i> French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Triangles* Grape Tomatoes* 100% Apple, Orange or Grape Juice* Milk</p>	<p>5 Spicy Chicken Fingers & Mini Pillsbury Waffles "Bush's Best" Vegetarian Baked Beans* Spring Mix Salad* Apple Slices* Milk</p>	<p>6 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Baby Carrots* Tossed Salad Mix* Chilled Peach Cup* Milk</p>
<p>9 Chicken Patty Sandwich Potato Smiles* Crisp Romaine Salad* Orange Smiles* Milk</p>	<p>10 Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun "Bush's Best" Vegetarian Baked Beans* Grape Tomatoes* Pineapple Chunks* Milk</p>	<p>11 Taco Salad w/ Baked Tostitos Chips & Choice of Salsa & Sour Cream Chipotle Black Beans* Steamed Golden Corn* Kicking Kiwi* Milk</p>	<p>12 General Tso's Chicken w/ Brown Rice Steamed Broccoli Florets* Sweet & Juicy Red Pepper Strips* Red Grapes* Milk</p>	<p>13 Pepperoni Calzone Crunchy Cucumber Slices* Tossed Mix Salad* Mandarin Oranges* Milk</p>
<p>16 No School Professional Work Day</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Lunch Price: \$2.70 Ala Carte Milk: \$0.55 Ala Carte Bottled Water (8oz): \$0.55</p> </div>	<p>17 Tony's Personal Pan Cheese Pizza Grape Tomatoes* Baby Carrots* Red Delicious Apple* Milk</p>	<p>18 <i>Brunch for Lunch</i> Mini Pillsbury Pancakes w/ Scrambled Eggs Hash Brown Potato Triangles* Hearty Spinach Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p>19 Chicken Strips w/ Biscuit Oven Baked French Fries* Celery Sticks* Diced Peaches* Milk</p>	<p>20 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Power Peas* Crisp Romaine Salad* Mixed Fruit* Milk</p>
<p>23 Mini Turkey Corn Dogs Potato Smiles* Grape Tomatoes* Mandarin Oranges* Milk</p> <p>October Happy Birthday Celebration! <i>Rice Krispie Treat w/ any Meal!</i></p>	<p>24 Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun "Bush's Best" Vegetarian Baked Beans* Red Pepper Strips* Diced Mangoes* Milk</p>	<p>25 Taco Salad w/ Baked Tostitos Chips & Choice of Salsa & Sour Cream Refried Beans* Steamed Golden Corn* Mixed Berries* Milk</p>	<p>26 Popcorn Chicken w/ Biscuit Curly Fries* Crunchy Cucumber Slices* Red Grapes* Milk</p>	<p>27 Italian Pasta Bar w/ Garlic Toast (Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce) Tossed Mix Salad* Baby Carrots* Apple Slices* Milk</p>
<p>30 Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Diced Pears* Milk</p>	<p>31 Teriyaki Chicken w/ Brown Rice Steamed Broccoli Florets* Celery Sticks* "Spooky" Orange & Lime Juice Cup* Milk</p>	<p>Check out Child Nutrition's Interactive Menus! Go to mcschildnutrition.com OR masonohischools.com, click on 'Departments' then 'Child Nutrition.' The interactive menus are identified with the icon next to them.</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 1 to 3 fruits or vegetables.

Red Ribbon Week October 23-27



Additional Entrées Served

Offered Daily: Large Green or Chef Salad w/ Banana Bread, Yogurt, String Cheese & Banana Bread, Peanut Butter & Jelly Uncrustable w/ String Cheese & Goldfish Crackers, Hamburger/Cheeseburger;

Monday: Cheese & Beef Pepperoni Pizza, Hot Pretzel w/ Cheese; **Tuesday:** Chicken Nuggets w/ Biscuit;

Wednesday: Cheese & Beef Pepperoni Pizza, Hot Pretzel Meal w/ Cheese;

Thursday: Mac & Cheese; **Friday:** Cheese & Beef Pepperoni Pizza, Hot Pretzel w/ Cheese, 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."