




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 October 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
2 Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Choice of 2 Fruits* Milk	3 Spicy Chicken Patty Sandwich Green Pepper Strips* Grape Tomatoes* Choice of 2 Fruits* Milk	4 Cincinnati Chili & Spaghetti Bar w/ Oyster Crackers Kidney Beans* Baby Carrots* Choice of 2 Fruits* Milk	5 Brunch for Lunch French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Triangles* Hearty Spinach Salad* Choice of 2 Fruits* Milk	6 Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Crisp Romaine Salad* Celery Sticks* Choice of 2 Fruits* Milk
9 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Red Pepper Strips* Choice of 2 Fruits* Milk 	10 Popcorn Chicken w/ Biscuit Tender Green Beans* Baby Carrots* Choice of 2 Fruits* Milk	11 Cheese Coney Bar "Bush's Best" Vegetarian Baked Beans* Hearty Spinach Salad* Choice of 2 Fruits* Milk 	12 Orange Chicken w/ Brown Rice & Dinner Roll Steamed Broccoli Florets* Cucumber Slices* Choice of 2 Fruits* Milk	13 Italian Pasta Bar w/ Breadstick (Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce) Tossed Mix Salad* Celery Sticks* Choice of 2 Fruits* Milk
National School Lunch Week				
16 No School Professional Work Day	17 Sweet Southern BBQ Chicken Sandwich Steamed Carrots* Spring Mix Salad* Choice of 2 Fruits* Milk	18 Cincinnati Chili & Spaghetti Bar w/ Oyster Crackers Kidney Beans* Crisp Romaine Salad* Choice of 2 Fruits* Milk	19 Mini Turkey Corn Dogs Tossed Mix Salad* Green Pepper Strips* Choice of 2 Fruits* Milk	20 Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Grape Tomatoes* Celery Sticks* Choice of 2 Fruits* Milk
23 Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Choice of 2 Fruits* Milk	24 Spicy Chicken Strips w/ Biscuit Steamed Carrots* Hearty Spinach Salad* Choice of 2 Fruits* Milk	25 Cheese Coney Bar "Bush's Best" Vegetarian Baked Beans* Cucumber Slices* Choice of 2 Fruits* Milk	26 General Tso's Chicken w/ Brown Rice & Dinner Roll Stir-Fry Vegetables* Grape Tomatoes* Choice of 2 Fruits* Milk	27 8th Grade Visit Pepperoni Calzone Tossed Mix Salad* Baby Carrots* Choice of 2 Fruits* Milk
30 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Red Pepper Strips* Choice of 2 Fruits* Milk	31 Chicken Patty Sandwich Green Pepper Strips* Grape Tomatoes* Choice of 2 Fruits* Milk	<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 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>

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.