




**Four easy ways to pay for meals:**

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 High School Lunch Menu November 2017



**Lunch Prices:**  
**\$2.70, \$3.50 \$3.70 & \$4.50**  
**2<sup>nd</sup> Entrée: \$2.10, \$2.75**  
**2<sup>nd</sup> Slice Pizza: \$2.75**  
**Ala Carte Milk: \$0.55**  
**Ala Carte Bottled Water (8oz): \$0.55**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>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.</b></p>				
		<p><b>1</b> Cincinnati Chili &amp; Spaghetti Bar w/ Oyster Crackers Kidney Beans* Baby Carrots* Choice of 2 Fruits* Milk</p>	<p><b>2</b> <b>Brunch for Lunch</b> French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Triangles* Hearty Spinach Salad* Choice of 2 Fruits* Milk</p>	<p><b>3</b> Boneless Chicken Wings w/ Choice of Dipping Sauce &amp; Harvest Cheddar Sun Chips Crisp Romaine Salad* Celery Sticks* Choice of 2 Fruits* Milk</p>
<p><b>6</b> Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tot* Choice of 2 Fruits* Milk</p>	<p><b>7</b> Popcorn Chicken w/ Biscuit Tender Green Beans* Baby Carrots* Choice of 2 Fruits* Milk</p>	<p><b>8</b> Cheese Coney Bar "Bush's Best" Vegetarian Baked Beans* Crisp Romaine Salad* Choice of 2 Fruits* Milk</p>	<p><b>9</b> Mini Turkey Corn Dogs Cucumber Slices* Red Pepper Strips* Choice of 2 Fruits* Milk</p>	<p><b>10</b> Italian Pasta Bar w/ Garlic Breadstick (Choices include: Beef Meat Sauce, Meatless Sauce &amp; Italian Cheese Sauce) Tossed Mix Salad* Celery Sticks* Choice of 2 Fruits* Milk</p>
<p><b>13</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Green Pepper Strips* Choice of 2 Fruits* Milk</p>	<p><b>14</b> Sweet Southern BBQ Chicken Sandwich  Savory Sweet Potato Fries* Spring Mix Salad* Choice of 2 Fruits* Milk</p>	<p><b>15</b> Cincinnati Chili &amp; Spaghetti Bar w/ Oyster Crackers Kidney Beans* Baby Carrots* Choice of 2 Fruits* Milk</p>	<p><b>16</b> <b>HOLIDAY MEAL</b> Roast Turkey w/ Biscuit Mashed Potatoes* w/ Gravy Tender Green Beans* Choice of 2 Fruits* Milk</p>	<p><b>17</b> Pepperoni Calzone Tossed Mix Salad* Grape Tomatoes* Choice of 2 Fruits* Milk</p>
<p><b>19</b> <b>No School</b> <b>Personal Learning Day</b></p>	<p><b>No School - November 21-24</b></p> 			<p><b>Check out Child Nutrition's Interactive Menus!</b> Go to <a href="http://mcschildnutrition.com">mcschildnutrition.com</a> OR <a href="http://masonohioschools.com">masonohioschools.com</a>, click on 'Departments' then 'Child Nutrition.' The interactive menus are identified with the  icon next to them.</p>
<p><b>27</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Baby Carrots* Choice of 2 Fruits* Milk</p>	<p><b>28</b> Regular Chicken Strips w/ Biscuit Golden Corn* Hearty Spinach Salad* Choice of 2 Fruits* Milk</p>	<p><b>29</b> Cheese Coney Bar "Bush's Best" Vegetarian Baked Beans* Cucumber Slices* Choice of 2 Fruits* Milk</p>	<p><b>30</b> Teriyaki Chicken w/ Brown Rice &amp; Dinner Roll Stir-Fry Vegetables* Grape Tomatoes* 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.