

**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.

# Western Row Elementary Lunch Menu January 2018

**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
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <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>A complete lunch has 5 components:</b> grains (part of entrée), protein (part of entrée), fruits, vegetables, and milk. <b>To make your lunch a meal, choose:</b></p> <ul style="list-style-type: none"> <li>• At least 1 fruit or vegetable and</li> <li>• At least 2 additional food components</li> </ul>	
<p><b>8</b> Popcorn Chicken w/ Biscuit OR American Sub (Ham, Turkey &amp; Cheese on Sub Bun) "Smiley Face" Potatoes* Baby Carrots* Applesauce Cup* Milk</p>	<p><b>9</b> Tony's Cheese Pizza OR Deli Turkey Sandwich Steamed Carrot Coins* Crunchy Cucumber Slices* Mixed Berries* Milk</p>	<p><b>10</b> Chicken Fingers w/ Biscuit OR Mexican Burrito (Beef &amp; Bean) Choice of Salsa &amp; Sour Cream Refried Beans* Celery Sticks* Red Grapes* Milk </p>	<p><b>11</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>12</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR Fish Sandwich Crunchy Cucumbers* Crisp Romaine Salad* Mandarin Oranges* Milk</p>
<p><b>15</b> <b>No School</b>  MLK Day</p>	<p><b>16</b> Tony's Cheese Pizza OR Pork Pepperoni Pizza OR Turkey Hot Dog on Bun Grape Tomatoes* Green Pepper Strips* Pineapple Tidbits* Milk </p>	<p><b>17</b> Soft Tacos w/ Beef &amp; Cheese Choice of Sour Cream &amp; Salsa OR Hamburger or Cheeseburger Refried Beans* Shredded Lettuce Salad* Slushy Strawberry Kiwi Juice Cup* Milk</p>	<p><b>18</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>19</b> Tony's Personal Pan Cheese Pizza OR Turkey Corn Dog  Steamed Peas* Sweet &amp; Juicy Red Pepper Strips* Chilled Peach Cup* Milk</p>
<p><b>22</b> Toasted Cheese Sandwich OR American Sub (Ham, Turkey &amp; Cheese on Sub Bun) "Campbell's" Tomato Soup* Tossed Mix Salad* Applesauce Cup* Milk</p>	<p><b>23</b> Tony's Cheese Pizza OR Deli Turkey &amp; Cheese Sandwich Spinach Salad* Baby Carrots* Apple Slices* Milk </p>	<p><b>24</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR Hamburger or Cheeseburger "Bush's Best" Vegetarian Baked Beans* Celery Sticks* Fresh Clementine*  Milk</p>	<p><b>25</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>26</b> Chicken Fingers w/ Dinner Roll OR Fish Sandwich Oven Baked French Fries* Green Pepper Strips* Diced Pears* Milk</p>
<p><b>29</b> Macaroni &amp; Cheese w/ Dinner Roll OR Turkey Hot Dog on Bun Steamed Broccoli Florets* Crisp Romaine Salad* Pineapple Tidbits* Milk  <b>January</b> <b>Happy Birthday Celebration!</b> <b>Mini Rice Krispie Treat w/ any Meal!</b></p>	<p><b>30</b> Tony's Cheese Pizza OR Pork Pepperoni Pizza OR Hot Ham &amp; Cheese Sandwich Tossed Mix Salad* Sweet &amp; Juicy Red Pepper Strips* Mandarin Oranges* Milk</p>	<p><b>31</b> Chicken Nuggets w/ Biscuit OR Cheese Quesadilla w/ Choice of Sour Cream &amp; Salsa Chipotle Black Beans* Grape Tomatoes* Diced Peaches* Milk</p>	<p><b><u>Check out Child Nutrition's Interactive Menus!</u></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>	

**Additional Entrées Served:**

**Daily:** Large Green Salad w/ Cheese, Mini Blueberry Loaf & Goldfish Crackers, Peanut Butter & Jelly Uncrustable w/ String Cheese & Goldfish Crackers;  
Hummus Meal: Roasted Red Pepper Hummus, Cheddar Cheese Cubes, Baby Carrots, Celery Sticks, Grape Tomatoes & Goldfish Crackers;  
Yogurt, String Cheese, Mini Blueberry Loaf & Goldfish Crackers;  
\*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."