

**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 Intermediate Campus

## Lunch Menu

### January 2018

**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><b>Lunch Price: \$2.70</b>  <b>Ala Carte Milk: \$0.55</b>  <b>Ala Carte Bottled Water (8oz): \$0.55</b></p>			<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.</p>	
<p><b>8</b> Turkey Corn Dog            Potato Smiles*            Crisp Romaine Salad*            Applesauce Cup*            Milk</p>	<p><b>9</b> Teriyaki Chicken w/            Brown Rice            Steamed Broccoli Florets*            Celery Sticks*            Diced Mangoes*            Milk</p>	<p><b>10</b> Taco Salad w/            Baked Tostitos Chips            &amp; Choice of Salsa &amp; Sour Cream            Refried Beans*            Steamed Golden Corn*            Mixed Berries*            Milk</p>	<p><b>11</b> Popcorn Chicken w/ Biscuit            Curly Fries*            Baby Carrots*            Red Grapes*            Milk</p> 	<p><b>12</b> Italian Pasta Bar w/ Garlic Toast            (Choices include: Beef Meat Sauce,            Meatless Sauce &amp; Italian Cheese Sauce)            Grape Tomatoes*            Crunchy Cucumber Slices*            Apple Slices*            Milk</p>
<p><b>15</b> <b>No School</b></p> 	<p><b>16</b> Orange Chicken w/            Brown Rice            Steamed Broccoli Florets*            Celery Sticks*            Chilled Peach Cup*            Milk</p>	<p><b>17</b> <b>Brunch for Lunch</b>            French Toast Sticks w/            Turkey Sausage Links            Hash Brown Potato Triangles*            Spring Mix Salad*            100% Apple, Orange or Grape Juice*            Milk</p>	<p><b>18</b> Spicy Chicken Fingers &amp;            Mini Pillsbury Waffles            "Bush's Best"            Vegetarian Baked Beans*            Red Pepper Strips*            Diced Pears*            Milk</p>	<p><b>19</b> Bosco Cheese Filled Breadsticks            w/ Marinara Sauce            Baby Carrots*            Tossed Mix Salad*            Pineapple Chunks*            Milk</p> 
<p><b>22</b> Toasted Cheese Sandwich            Campbell's Tomato Soup*            Tater Tots*            Applesauce Cup*            Milk</p> 	<p><b>23</b> Tony's Personal Pan Cheese Pizza            Hearty Spinach Salad*            Crunchy Cucumber Slices*            Red Grapes*            Milk</p>	<p><b>24</b> Taco Salad w/            Baked Tostitos Chips            &amp; Choice of Salsa &amp; Sour Cream            Chipotle Black Beans*            Steamed Golden Corn*            Kicking Kiwi*            Milk</p> 	<p><b>25</b> General Tso's Chicken w/            Brown Rice            Steamed Broccoli Florets*            Baby Carrots*            Fresh Clementine*            Milk</p> 	<p><b>26</b> Pepperoni Calzone            Grape Tomatoes*            Celery Sticks*            Chilled Strawberry Cup*            Milk</p>
<p><b>29</b> Chicken Patty Sandwich            Oven Baked Seasoned French Fries*            Crisp Romaine Salad*            Mandarin Oranges*            Milk</p> 	<p><b>30</b> Cincinnati Chili Cheese Dog OR            Turkey Hot Dog on Bun            "Bush's Best"            Vegetarian Baked Beans*            Baby Carrots*            Diced Peaches*            Milk</p>	<p><b>31</b> <b>Brunch for Lunch</b>            Mini Pillsbury Pancakes w/            Scrambled Eggs            Hash Brown Potato Triangles*            Hearty Spinach Salad*            100% Apple, Orange or Grape Juice*            Milk</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>	

**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; Hummus & Veggies Meal; **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."