

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 Middle School Lunch Menu January 2018

Fuel Up Each Day with A Healthy Breakfast at MM!
Breakfast is available in the cafeteria and from a breakfast cart located by the 300 wing where the buses unload.

Cafeteria: 6:55-7:20 AM
Breakfast Cart 7:00-7:20 AM
Breakfast Meal Price: \$1.80
Breakfast Items Available Ala Carte



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Price: \$2.70, \$2.95 Ala Carte Milk: \$0.55 Ala Carte Bottled Water (8 oz): \$0.55</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 1-3 fruits and/or vegetables.</p>	
<p>8 Orange Chicken w/ Brown Rice Steamed Broccoli Florets* Baby Carrots* Applesauce Cup* Milk</p>	<p>9 Taco Salad w/ Baked Tostitos Chips & Choice of Salsa & Sour Cream Golden Corn* Chipotle Black Beans* Orange Smiles* Milk</p>	<p>10 Cincinnati Chili Cheese Dog "Bush's Best" Vegetarian Baked Beans* Hearty Spinach Salad* Tropical Fruit Salad* Milk</p>	<p>11 Spicy Chicken Fingers w/ Dinner Roll Tender Green Beans* Red Pepper Strips* Diced Pears* Milk</p>	<p>12 Pepperoni Calzone Celery Sticks* Grape Tomatoes* Mixed Fruit* Milk</p>
<p>15 No School MLK Day</p>	<p>16 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Baby Carrots* Apple Slices* Milk</p>	<p>17 Mini Turkey Corn Dogs "Bush's Best" Vegetarian Baked Beans* Spring Mix Salad* Kicking Kiwi* Milk</p>	<p>18 Popcorn Chicken w/ Biscuit Curly Fries* Cucumber Slices* Diced Peaches* Milk</p>	<p>19 Italian Pasta Bar w/ Garlic Breadstick (Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce) Crisp Romaine Salad* Grape Tomatoes* Mandarin Oranges* Milk Personal Pan Domino's Pizza</p>
<p>22 <i>Tyson</i> Tyson Breaded Chicken Drumstick w/ Dinner Roll Mashed Potatoes* w/ Gravy Tender Green Beans* Chilled Strawberry Cup* Milk</p>	<p>23 Taco Salad w/ Baked Tostitos Chips & Choice of Salsa & Sour Cream Golden Corn* Refried Beans* Orange Smiles* Milk</p>	<p>24 Mac & Cheese w/ Dinner Roll Steamed Broccoli Florets* Red Pepper Strips* Mixed Berries* Milk</p>	<p>25 <u>Brunch For Lunch- Early Release</u> French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Triangles* Grape Tomatoes* 100% Apple, Orange or Grape Juice* Milk</p>	<p>26 Made to Order Burrito & Bowl Bar Fajita Seasoned Chicken, Beef, Pork, and/or Black Beans, Fiesta Corn, Cilantro Lime Rice & Shredded Cheese Baby Carrots* Crisp Romaine Salad* Fresh Clementine* Milk Buffalo Chicken & Cheese Pizza No Pepperoni Pizza will be Offered</p>
<p>29 Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Diced Peaches* Milk</p>	<p>30 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Tossed Mix Salad* Apple Slices* Milk</p>	<p>31 Cincinnati Chili Cheese Dog "Bush's Best" Vegetarian Baked Beans* Baby Carrots* Diced Mangoes* Milk</p>	<p>Check out Child Nutrition's Interactive Menus! Go to mcschildnutrition.com OR masonohschools.com, click on 'Departments' then 'Child Nutrition.' The interactive menus are identified with the icon next to them.</p>	

Offered Daily: Crispy Shell and/or Flour Tortilla Tacos, Nachos w/ Cheese and/or Taco Meat, Hot Pretzel w/ Cheese, Cheese or Turkey Pepperoni Pizza, Hamburger or Cheeseburger, Grilled Chicken Sandwich, Chicken Patty Sandwich, Hot & Spicy Chicken Sandwich; Peanut Butter & Jelly Sandwich and Made to Order Salads and Sandwiches from the Comet Fresh Express;

NEW Hummus & Veggies Meal; **Available on Fridays:** 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."