








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. Mail a check to MCS Child Nutrition, 211 North East Street, Mason, OH 45040.
3. Give a check or cash to the Child Nutrition Worker.
4. 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

Western Row Elementary Lunch Menu August 2018


Fuel Up with School Breakfast at WR!
 All Students Welcome
4th Graders Grab 'N Go Cart at Orange Dot:
 300 & 500 Wing Intersection near Music Rooms
 7:55-8:15 AM
3rd Graders Served-Cafeteria: 8:55-9:15 AM
Breakfast Meal Price: \$1.70
 See Menu On-Line



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Price: \$2.70 </p> <p>Ala Carte Milk: \$0.55</p> <p>Ala Carte Bottled Water (8oz): \$0.60</p>	<p>14 Tony's Cheese Pizza OR Hamburger or Cheeseburger "Bush's Best" Vegetarian Baked Beans* Green Pepper Strips* Orange Smiles* Milk </p>	<p>15 Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR Deli Turkey & Cheese Sandwich Hearty Spinach Salad* Baby Carrots* Apple Slices* Milk</p>	<p>16 Mini Pillsbury Pancakes w/ Turkey Sausage Links OR Apple Filled Frudel w/ Turkey Sausage Links Tater Tots* Grape Tomatoes*  100% Apple, Orange or Grape Juice* Milk</p>	<p>17 Chicken Fingers w/ Dinner Roll OR Fish Sandwich Oven Baked French Fries* Crisp Romaine Salad* Mixed Fruit* Milk</p>
<p>20 Toasted Cheese Sandwich OR Deli Turkey & Cheese Sandwich "Campbell's" Tomato Soup* Tossed Mix Salad* Applesauce Cup* Milk</p>	<p>21 Tony's Cheese Pizza OR Pork Pepperoni Pizza OR Hot Ham & Cheese Sandwich Hearty Spinach Salad* Crunchy Cucumber Slices* Mandarin Oranges* Milk</p>	<p>22 Popcorn Chicken w/ Biscuit OR Cheese Quesadilla w/ Choice of Sour Cream & Salsa Chipotle Black Beans* Grape Tomatoes* Diced Peaches* Milk</p>	<p>23 French Toast Sticks w/ Scrambled Eggs OR Mini Pillsbury Waffles w/ Scrambled Eggs Hash Brown Potato Rounds* Crisp Romaine Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p>24 "Mini Day" Mini Turkey Corn Dogs OR Mini Fish Sticks Mini "Night Vision" Carrots* Mini Tater Tots* Mini Diced Pears* Milk  Mini Scooby Doo Fruit Snacks w/ the purchase of any Meal!</p>
<p>27 Macaroni & Cheese w/ Dinner Roll OR Turkey Hot Dog on Bun Steamed Broccoli Florets* Grape Tomatoes* Pineapple Tidbits* Milk  August Happy Birthday Celebration! Mini Rice Krispie Treat w/ any Meal!</p>	<p>28 Tony's Cheese Pizza OR American Sub (Ham, Turkey & Cheese on Sub Bun) Steamed Carrot Coins* Crunchy Cucumber Slices* Mixed Berries* Milk</p>	<p>29 Chicken Fingers w/ Biscuit OR Beef & Bean Mexican Burrito w/ Choice of Salsa & Sour Cream Refried Beans* "Smiley Face" Potatoes* Red Grapes* Milk </p>	<p>30 Mini Pillsbury Pancakes w/ Turkey Sausage Links OR Apple Filled Frudel w/ Turkey Sausage Links Tater Tots* Sweet & Juicy Red Pepper Strips* 100% Apple, Orange or Grape Juice* Milk</p>	<p>31 Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR Fish Sandwich Celery Sticks* Crisp Romaine Salad* Apple Slices* 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 1 to 3 fruits or vegetables.



Check out Child Nutrition's Interactive Menus!
 Go to mcschildnutrition.com and click on the menus tab or the "What's for Lunch" picture. The interactive menus are identified with the  icon next to them and provide nutrition, ingredient, and allergy information. To select menus from over 100 languages, click the translate tab on the top bar.

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."

