





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 High School Lunch Menu September 2018

Fuel Up with School Breakfast at HS!
HS Students - Breakfast is available in the Snack Shop
Served Daily: 6:55-7:20 AM
Breakfast Meal Price: \$1.80
See Menu On-Line
Breakfast Items Available Ala Carte



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 <u>No School – Labor Day</u> Lunch Prices: \$2.70, \$3.50 \$3.70 & \$4.50 2nd Entrée: \$2.10, \$2.75 2nd Slice Pizza: \$2.75 Ala Carte Milk: \$0.55 Ala Carte Bottled Water (8oz): \$0.60</p>	<p>4 General Tso’s Chicken w/ Brown Rice & Dinner Roll Steamed Broccoli Florets* Cucumber Slices* Choice of 2 Fruits* Milk</p>	<p>5 Cincinnati Chili & Spaghetti Kidney Beans* Crisp Romaine Salad* Choice of 2 Fruits* Milk</p>	<p>6 Mini Turkey Corn Dogs Tossed Mix Salad* Baby Carrots* Choice of 2 Fruits* Milk</p>	<p>7  Sriracha Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Grape Tomatoes* Celery Sticks* Choice of 2 Fruits* Milk</p>
<p>10 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Roasted Seasoned Asparagus* Red Pepper Strips* Choice of 2 Fruits* Milk</p>	<p>11 Popcorn Chicken w/ Biscuit Roasted Green Beans* Grape Tomatoes* Choice of 2 Fruits* Milk</p>	<p>12 Chili Cheese Conneys “Bush’s Best” Vegetarian Baked Beans* Cucumber Slices* Choice of 2 Fruits* Milk</p>	<p>13 <u>Brunch For Lunch</u> French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Hearty Spinach Salad* Choice of 2 Fruits* Milk</p>	<p>14 Italian Pasta Bar w/ Garlic Toast (Sauce Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce & Rosa Sauce) Crisp Romaine Lettuce* Baby Carrots* Choice of 2 Fruits* Milk</p>
<p>17 Toasted Cheese Sandwich Campbell’s Tomato Soup* Tater Tots* Choice of 2 Fruits* Milk</p> 	<p>18 Sweet Southern BBQ Chicken Sandwich Savory Sweet Potato Fries* Spring Mix Salad* Choice of 2 Fruits* Milk</p>	<p>19 Cincinnati Chili & Spaghetti Kidney Beans* Crisp Romaine Salad* Choice of 2 Fruits* Milk</p>	<p>20 Teriyaki Chicken w/ Brown Rice & Dinner Roll Stir Fry Vegetables* Tossed Mix Salad* Choice of 2 Fruits* Milk</p>	<p>21 Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Grape Tomatoes* Celery Sticks* Choice of 2 Fruits* Milk</p>
<p>24 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Red Pepper Strips* Choice of 2 Fruits* Milk</p>	<p>25 Spicy Chicken Strips w/ Waffles  Roasted Green Beans* Hearty Spinach Salad* Choice of 2 Fruits* Milk</p>	<p>26 Chili Cheese Conneys “Bush’s Best” Vegetarian Baked Beans* Baby Carrots* Choice of 2 Fruits* Milk</p>	<p>27 Popcorn Chicken w/ Biscuit Golden Corn* Grape Tomatoes* Choice of 2 Fruits* Milk</p>	<p>28 Pepperoni Calzone Crisp Romaine Salad* Baby Carrots* Choice of 2 Fruits* Milk</p>

Additional Offerings Served:


Offered Daily: Café Feature or South of the Border Tacos, Taco Salad, Walking Tacos (Tuesday Only), Cheese, Pork Pepperoni or Specialty Pizza, Hamburger or Cheeseburger, Grilled, Breaded or Hot & Spicy Chicken Sandwiches, Specialty Salads: Chef, Cobb, and Grilled Chicken Caesar Salad, Deli Subs & Sandwiches, Hummus Meal, Mac & Cheese w/ Dinner Roll, 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.

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.”

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.