

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 Intermediate 56 Lunch Menu September 2018

**Fuel Up Each Day with A
Healthy Breakfast at MI!**
Breakfast is available in the cafeteria
Cafeteria: 7:45-8:10 AM
Breakfast Meal Price: \$1.80



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 No School – Labor Day</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>Lunch Price: \$2.70 Ala Carte Milk: \$0.55 Ala Carte Bottled Water (8oz): \$0.60</p> </div>	<p>4 General Tso’s Chicken w/ Brown Rice Stir Fry Vegetables* Baby Carrots* Applesauce Cup* Milk</p>	<p>5 Taco Salad w/ Baked Tostitos Chips & Choice of Salsa & Sour Cream Refried Beans* Steamed Golden Corn* Mixed Berries* Milk</p>	<p>6 Spicy Chicken Fingers w/ Dinner Roll Sweet & Juicy Red Pepper Strips* Spring Mix Salad* Slushy Blue Raspberry Lemon Juice Cup* Milk</p>	<p>7 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Cucumber Slices* Crisp Romine Lettuce* Diced Peaches* Milk</p>
<p>10 Toasted Cheese Sandwich “Campbell’s” Tomato Soup* Tater Tots* Diced Pears* Milk</p>	<p>11 Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun “Bush’s Best” Vegetarian Baked Beans* Grape Tomatoes* Pineapple Chunks* Milk</p>	<p>12 Brunch for Lunch French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Hearty Spinach Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p>13 <u>Roald Dahl Day!</u> Chance to win a book with any purchase today! Popcorn Chicken w/ Biscuit Crisp Romaine Lettuce* Sweet & Juicy Red Pepper Strips* Red Grapes* Milk</p>	<p>14 Pepperoni Calzone Crunchy Cucumber Slices* Tossed Mix Salad* Mandarin Oranges* Milk</p>
<p>17 Mini Turkey Corn Dogs Potato Smiles* Grape Tomatoes* Mandarin Oranges* Milk</p>	<p>18 Tony’s Personal Pan Cheese Pizza Spring Mix Salad* Baby Carrots* Red Delicious Apple* Milk</p>	<p>19 Taco Salad w/ Baked Tostitos Chips & Choice of Salsa & Sour Cream Chipotle Black Beans* Golden Corn* Kicking Kiwi* Milk</p>	<p>20 Chicken Tenders w/ Mini Pillsbury Waffles Oven Baked Seasoned Fries* Crunchy Cucumber Slices* Diced Peaches* Milk</p>	<p>21 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Grape Tomatoes* Crisp Romaine Salad* Mixed Fruit* Milk</p>
<p>24 Teriyaki Chicken w/ Brown Rice Steamed Broccoli Florets* Tossed Mix Salad* Mandarin Oranges* Milk</p> <p style="text-align: center;">September Happy Birthday Celebration! Mini Rice Krispie Treat w/ any Meal!</p>	<p>25 Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun “Bush’s Best” Vegetarian Baked Beans* Sweet & Juicy Red Pepper Strips* Diced Mangoes* Milk</p>	<p>26 Brunch for Lunch Mini Pillsbury Pancakes w/ Scrambled Eggs Hash Brown Potato Rounds* Grape Tomatoes* 100% Apple, Orange or Grape Juice* Milk</p>	<p>27 Popcorn Chicken w/ Biscuit Curly Fries* Crunchy Cucumber Slices* Red Grapes* Milk</p>	<p>28 Italian Pasta Bar w/ Garlic Toast (Sauce Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce) Hearty Spinach Salad* Baby Carrots* Apple Slices* Milk</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 Meal: Roasted Red Pepper Hummus, Cheddar Cheese Cubes, Baby Carrots, Celery Sticks, Grape Tomatoes & Goldfish Crackers;

Monday, Wednesday, Friday: Cheese & Beef Pepperoni Pizza;

Tuesday: Chicken Nuggets w/ Biscuit; **Thursday:** Mac & Cheese; **Friday:** Fish Sandwich

*Additional fruit and vegetable choices are available daily.

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.