

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 October 2018


Lunch Price: \$2.70
Ala Carte Milk: \$0.55
Ala Carte Bottled Water (8oz): \$0.60

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 |
|--|---|---|--|--|
| 1 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Cucumber Slices* Crisp Romaine Lettuce* Applesauce Cup* Milk | 2 Orange Chicken w/ Brown Rice Stir Fry Vegetables* Baby Carrots* Diced Peaches* Milk | 3 Taco Salad w/ Baked Tostitos Chips & Choice of Salsa & Sour Cream Refried Beans* Steamed Golden Corn* Mixed Berries* Milk | 4 Spicy Chicken Fingers w/ Dinner Roll Sweet & Juicy Red Pepper Strips* Spring Mix Salad* Red Grapes* Milk  | 5 World Smile Day Turkey Corn Dog Potato Smiles* Grape Tomatoes* Mandarin Oranges* Milk  |
| 8 Toasted Cheese Sandwich "Campbell's" Tomato Soup* Tater Tots* Diced Pears* Milk  | 9 Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun "Bush's Best" Vegetarian Baked Beans* Grape Tomatoes* Pineapple Chunks* Milk | 10 Brunch for Lunch French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Hearty Spinach Salad* 100% Apple, Orange or Grape Juice* Milk | 11 Popcorn Chicken w/ Biscuit Crisp Romaine Lettuce* Sweet & Juicy Red Pepper Strips* Diced Peaches* Milk | 12 Pepperoni Calzone Cucumber Slices* Tossed Mix Salad* Mandarin Oranges* Milk |
| 15 No School- Professional Work Day National School Lunch Week  On Wednesday, October 17 th , all students will receive a packet of basil seeds in honor of National School Lunch Week!  | 16 Tony's Personal Pan Cheese Pizza Spring Mix Salad* Baby Carrots* Kicking Kiwi* Milk | 17 Taco Salad w/ Baked Tostitos Chips & Choice of Salsa & Sour Cream Chipotle Black Beans* Golden Corn* Red Grapes* Milk  | 18 Chicken Tenders w/ Mini Pillsbury Waffles Oven Baked Seasoned Fries* Cucumber Slices* "Locally Grown" Gala Apple* Milk  | 19 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Grape Tomatoes* Crisp Romaine Salad* Mixed Fruit* Milk |
| 22 Teriyaki Chicken w/ Brown Rice Steamed Broccoli Florets* Tossed Mix Salad* Slushy Strawberry Mango Juice Cup* Milk Red Ribbon Week  | 23 Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun "Bush's Best" Vegetarian Baked Beans* Sweet & Juicy Red Pepper Strips* Diced Mangoes* Milk | 24 Brunch for Lunch Mini Pillsbury Pancakes w/ Scrambled Eggs Hash Brown Potato Rounds* Grape Tomatoes* 100% Apple, Orange or Grape Juice* Milk  | 25 Popcorn Chicken w/ Biscuit Curly Fries* Cucumber Slices* Red Grapes* Milk | 26 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 |
| 29 Mini Turkey Corn Dogs Potato Smiles* Grape Tomatoes* Mandarin Oranges* Milk October Happy Birthday Celebration! Mini Rice Krispie Treat w/ any Meal!   | 30 Taco Salad w/ Baked Tostitos Chips & Choice of Salsa & Sour Cream Refried Beans* Golden Corn* Diced Peaches* Milk | 31 "Spook-tacular" Chicken Nuggets w/ Dinner Roll Oven Baked French Fries* Baby Carrots* Slushy Boo! Carmel Apple Juice Cup* Milk  | 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. 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." | |

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.

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.