

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.

Western Row Elementary Lunch Menu October 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>1 Toasted Cheese Sandwich OR Deli Turkey & Cheese Sandwich "Campbell's" Tomato Soup* Tossed Mix Salad* Applesauce Cup* Milk</p>	<p>2 Tony's Cheese OR Pork Pepperoni Pizza OR Deli Turkey Sandwich Grape Tomatoes* Cucumber Slices* Pineapple Tidbits* Milk</p>	<p>3 Hamburger or Cheeseburger OR Cheese Quesadilla w/ Choice of Sour Cream & Salsa Refried Beans* Crisp Romaine Salad* Kicking Kiwi* Milk</p>	<p>4 French Toast Sticks w/ Scrambled Eggs OR Mini Cinnis w/ Scrambled Eggs Hash Brown Potato Rounds* Spring Mix Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p>5 World Smile Day Tony's Personal Pan Cheese Pizza OR Turkey Corn Dog "Smiley Face" Potatoes* Red Pepper Strips* Diced Peaches* Milk</p>
<p>8 Popcorn Chicken w/ Biscuit OR American Sub (Ham, Turkey & Cheese on Sub Bun) Steamed Peas* Celery Sticks* Mixed Fruit* Milk</p>	<p>9 Tony's Cheese Pizza OR Hamburger or Cheeseburger "Bush's Best" Vegetarian Baked Beans* Green Pepper Strips* Orange Smiles* Milk</p>	<p>10 Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR Deli Turkey & Cheese Sandwich Hearty Spinach Salad* Baby Carrots* Red Grapes* Milk</p>	<p>11 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>12 Chicken Tenders w/ Dinner Roll OR Fish Sandwich Oven Baked French Fries* Crisp Romaine Salad* Mandarin Oranges* Milk</p>
<p>15 No School-Professional Work Day National School Lunch Week</p>	<p>16 Tony's Cheese Pizza OR Pork Pepperoni Pizza OR Hot Ham & Cheese Sandwich Hearty Spinach Salad* Cucumber Slices* Diced Peaches* Milk</p>	<p>17 Popcorn Chicken w/ Biscuit OR Cheese Quesadilla w/ Choice of Sour Cream & Salsa Chipotle Black Beans* Grape Tomatoes* "Locally Grown" Gala Apple* Milk</p>	<p>18 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>19 Mini Turkey Corn Dogs OR Mini Fish Sticks Mini "Night Vision" Carrots* Mini Tater Tots* Mini Diced Peas* Milk Mini Scooby Doo Fruit Snacks w/ the purchase of any Meal!</p>
<p>22 Macaroni & Cheese w/ Dinner Roll OR Turkey Hot Dog on Bun Steamed Broccoli Florets* Grape Tomatoes* Pineapple Tidbits* Milk</p>	<p>23 Tony's Cheese Pizza OR American Sub (Ham, Turkey & Cheese on Sub Bun) Steamed Carrot Coins* Cucumber Slices* Slushy Strawberry Mango Juice Cup* Milk</p>	<p>24 Chicken Tenders w/ Biscuit OR Beef & Bean Mexican Burrito w/ Choice of Salsa & Sour Cream Refried Beans* "Smiley Face" Potatoes* Red Grapes* Milk</p>	<p>25 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>26 Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR Fish Sandwich Celery Sticks* Crisp Romaine Salad* Apple Slices* Milk</p>
<p>29 Toasted Cheese Sandwich OR Chicken Patty Sandwich "Campbell's" Tomato Soup* Tossed Mix Salad* Applesauce Cup* Milk</p> <p style="text-align: center;">October</p> <p>Happy Birthday Celebration! <i>Mini Rice Krispie Treat w/ any Meal!</i></p>	<p>30 Tony's Cheese OR Pork Pepperoni Pizza OR Deli Turkey Sandwich Grape Tomatoes* Cucumber Slices* Pineapple Tidbits* Milk</p>	<p>31 "Spook-tacular" Chicken Nuggets w/ Dinner Roll OR Cheese Quesadilla w/ Choice of Sour Cream & Salsa Refried Beans* Crisp Romaine Salad* Slushy "Boo!" Caramel Apple Juice Cup* Milk</p>	<p style="text-align: center;">Additional Entrées Served:</p> <p>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.</p>	

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.

Red Ribbon Week
October 22-26

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

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."