

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 Early Childhood Center Lunch Menu October 2018

Fuel Up with School Breakfast at MECC!
K-2 Students Welcome
Served Daily in Cafeteria: 9:00-9:20 AM
Breakfast Meal Price: \$1.70
See Menu On-Line



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Turkey Hot Dog on Bun "Bush's Best" Vegetarian Baked Beans* Grape Tomatoes* Pineapple Tidbits* Milk</p>	<p>2 Tony's Cheese OR Pork Pepperoni Pizza Celery Sticks* Baby Carrots* Cinnamon Applesauce Cup* Milk</p>	<p>3 Toasted Cheese Sandwich "Campbell's" Tomato Soup* Tater Tots* Diced Pears* 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 Popcorn Chicken w/ Biscuit "Smiley Face" Potatoes* Crisp Romaine Lettuce* Kicking Kiwi* Milk</p>
<p>8 Hamburger or Cheeseburger "Bush's Best" Vegetarian Baked Beans* Tossed Mix Salad* Diced Peaches* Milk</p>	<p>9 Tony's Cheese Pizza Cucumber Slices* Green Pepper Strips* Orange Smiles* Milk</p>	<p>10 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Hearty Spinach Salad* Baby Carrots* Red Grapes* Milk</p>	<p>11 Mini Pillsbury Pancakes w/ Turkey Sausage Links OR Mini French Toast Sticks w/ Turkey Sausage Links Tater Tots* Grape Tomatoes* 100% Apple, Orange or Grape Juice* Milk</p>	<p>12 Chicken Nuggets w/ Biscuit Oven Baked French Fries* Crisp Romaine Salad* Apple Slices* Milk</p>
<p>15 No School-Professional Work Day National School Lunch Week</p>	<p>16 Tony's Cheese Pizza OR Pork Pepperoni Pizza Celery Sticks* Sweet & Juicy Red Pepper Strips* Mandarin Oranges* Milk</p>	<p>17 Popcorn Chicken w/ Biscuit Golden Corn* Hearty Spinach Salad* "Locally Grown" Gala Apple* Milk</p>	<p>18 French Toast Sticks w/ Scrambled Eggs OR Apple Filled Frudel w/ Scrambled Eggs Hash Brown Potato Rounds* Crisp Romaine Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p>19 Mini Turkey Corn Dogs Mini "Night Vision" Carrots* Mini Tater Tots* Mini Diced Pears* Milk Mini Scooby Doo Fruit Snacks w/ the purchase of any Meal!</p>
<p>22 Macaroni & Cheese w/ Dinner Roll Steamed Broccoli Florets* Grape Tomatoes* Diced Peaches* Milk</p>	<p>23 Tony's Cheese Pizza Baby Carrots* Cucumber Slices* Slushy Strawberry Mango Juice Cup* Milk</p>	<p>24 Hamburger or Cheeseburger "Bush's Best" Vegetarian Baked Beans* Crisp Romaine Salad* Apple Slices* Milk</p>	<p>25 Mini Pillsbury Pancakes w/ Turkey Sausage Links OR Mini Pillsbury Waffles w/ Turkey Sausage Links Tater Tots* Red Pepper Strips* 100% Apple, Orange or Grape Juice* Milk</p>	<p>26 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Spring Mix Salad* Red Grapes* Milk</p>
<p>29 Turkey Hot Dog on Bun "Bush's Best" Vegetarian Baked Beans* Grape Tomatoes* Pineapple Tidbits* Milk October Happy Birthday Celebration! Mini Rice Krispie Treat w/ any Meal!</p>	<p>30 Tony's Cheese OR Pork Pepperoni Pizza Steamed Carrot Coins* Celery Sticks* Cinnamon Applesauce Cup* Milk</p>	<p>31 "Spook-tacular" Chicken Nuggets w/ Dinner Roll Oven Baked French Fries* Crisp Romaine Lettuce* 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."