



**Four easy ways to pay for meals:**


1. Go to [www.MyPaymentsPlus.com](http://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 October 2018

**Fuel Up with School Breakfast at HS!**  
*HS Students - Breakfast is available in the Snack Shop*  
**Served Daily: 6:55-7:15 AM**  
**Breakfast Meal Price: \$1.80**  
**See Menu On-Line**  
**Breakfast Items Available Ala Carte**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Choice of 2 Fruits* Milk 	<b>2</b> Orange Chicken w/ Brown Rice & Dinner Roll Steamed Broccoli Florets* Cucumber Slices* Choice of 2 Fruits* Milk	<b>3</b> Cincinnati Chili & Spaghetti Kidney Beans* Crisp Romaine Salad* Choice of 2 Fruits* Milk	<b>4</b> Mini Turkey Corn Dogs Tossed Mix Salad* Baby Carrots* Choice of 2 Fruits* Milk	<b>5</b> Honey Sriracha Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Grape Tomatoes* Celery Sticks* Choice of 2 Fruits* Milk
<b>8</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce Roasted Seasoned Asparagus* Red Pepper Strips* Choice of 2 Fruits* Milk	<b>9</b> Popcorn Chicken w/ Biscuit Golden Corn* Grape Tomatoes* Choice of 2 Fruits* Milk	<b>10</b> <u>Test Day</u> Chili Cheese Cones "Bush's Best" Vegetarian Baked Beans* Cucumber Slices* Choice of 2 Fruits* Milk	<b>11</b> Teriyaki Chicken w/ Brown Rice & Dinner Roll Stir Fry Vegetables* Hearty Spinach Salad* Choice of 2 Fruits* Milk	<b>12</b> <b>UPDATED MENU</b> Pepperoni Calzone Crisp Romaine Salad* Baby Carrots* Choice of 2 Fruits* Milk
<b>15</b> <u>No School – Professional Work Day</u> <b>Lunch Prices:</b> <b>\$2.70, \$2.95, \$3.50 \$3.70, &amp; \$4.50</b> <b>2<sup>nd</sup> Entrée: \$2.10, \$2.20, &amp; \$2.75</b> <b>2<sup>nd</sup> Slice Pizza: \$2.75</b> <b>Ala Carte Milk: \$0.55</b> <b>Ala Carte Bottled Water (8oz): \$0.60</b>	<b>16</b> Sweet Southern BBQ Chicken Sandwich Savory Sweet Potato Fries* Spring Mix Salad* Choice of 2 Fruits* Milk	<b>17</b> Cincinnati Chili & Spaghetti Kidney Beans* Crisp Romaine Salad* Choice of 2 Fruits* Milk	<b>18</b> <u>Brunch For Lunch</u> French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Tossed Mix Salad* Choice of 2 Fruits* Milk	<b>19</b> Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Grape Tomatoes* Celery Sticks* Choice of 2 Fruits* Milk
<b>22</b> Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Choice of 2 Fruits* Milk 	<b>23</b> Spicy Chicken Strips w/ Waffles Roasted Green Beans* Hearty Spinach Salad* Choice of 2 Fruits* Milk	<b>24</b> Chili Cheese Cones "Bush's Best" Vegetarian Baked Beans* Baby Carrots* Choice of 2 Fruits* Milk	<b>25</b> Popcorn Chicken w/ Biscuit Golden Corn* Cucumber Slices* Choice of 2 Fruits* Milk	<b>26</b> <b>UPDATED MENU</b> Italian Pasta Bar w/ Garlic Toast (Sauce Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce & Rosa Sauce) Crisp Romaine Salad* Baby Carrots* Choice of 2 Fruits* Milk
<b>29</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Red Pepper Strips* Choice of 2 Fruits* Milk	<b>30</b> General Tso's Chicken Brown Rice & Dinner Roll Steamed Broccoli Florets* Cucumber Slices* Choice of 2 Fruits* Milk	<b>31</b> Cincinnati Chili & Spaghetti Kidney Beans* Crisp Romaine Salad* Choice of 2 Fruits* Milk	<p style="text-align: center;"><b>Additional Offerings Served:</b></p> <p><b>Offered Daily:</b> 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 &amp; Spicy Chicken Sandwiches, Specialty Salads: Chef, Cobb, and Grilled Chicken Caesar Salad, Deli Subs &amp; Sandwiches, Hummus Meal, Mac &amp; Cheese w/ Dinner Roll, Peanut Butter &amp; Jelly Sandwich, Yogurt Parfait w/ Granola, Deli Turkey &amp; Cheese Wrap;</p> <p style="text-align: center;"><b>Available on Fridays:</b> Fish Sandwich</p> <p style="text-align: center;">*Additional fruit and vegetable choices are available daily.</p>	

**Check out Child Nutrition's Interactive Menus!**  
 Go to [mcschildnutrition.com](http://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 2 fruits and 2 vegetables.

**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."