

**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.

# Western Row Elementary Lunch Menu December 2018

**Fuel Up with School Breakfast at WR!**  
 All Students Welcome  
**4<sup>th</sup> Graders Grab 'N Go Cart at Orange Dot:**  
 300 & 500 Wing Intersection near Music Rooms  
 7:55-8:15 AM  
**3<sup>rd</sup> Graders Served-Cafeteria: 8:55-9:15 AM**  
**Breakfast Meal Price: \$1.70 - See Menu On-Line**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> Chicken Nuggets w/ Dinner Roll OR American Sub (Ham, Turkey &amp; Cheese on Sub Bun) Steamed Peas* Celery Sticks* Mixed Fruit* Milk</p>	<p><b>4</b> Tony's Cheese OR Pork Pepperoni Pizza OR Deli Turkey Sandwich Grape Tomatoes* Cucumber Slices* Pineapple Tidbits* Milk</p>	<p><b>5</b> Hamburger or Cheeseburger OR Cheese Quesadilla w/ Choice of Sour Cream &amp; Salsa Refried Beans* Hearty Spinach Salad* Kicking Kiwi* Milk</p>	<p><b>6</b> French Toast Sticks w/ Scrambled Eggs OR Mini Cinnis w/ Scrambled Eggs Hash Brown Potato Rounds* Tossed Mix Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p><b>7</b> Tony's Personal Pan Cheese Pizza OR Turkey Corn Dog "Smiley Face" Potatoes* Red Pepper Strips* Diced Peaches* Milk</p>
<p><b>10</b> Toasted Cheese Sandwich OR American Sub "Campbell's" Tomato Soup* Tater Tots* Diced Pears* Milk</p>	<p><b>11</b> Tony's Cheese Pizza Tossed Mix Salad* Baby Carrots* Apple Slices* Milk</p>	<p><b>12</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR Hamburger or Cheeseburger "Bush's Best" Vegetarian Baked Beans* Hearty Spinach Salad* Diced Mangoes* Milk</p>	<p><b>13</b> Mini Pillsbury Pancakes w/ Turkey Sausage Links OR Egg, Cheese &amp; Turkey Bacon Bosco Stick w/ Turkey Sausage Links Tater Tots* Grape Tomatoes* 100% Apple, Orange or Grape Juice* Milk</p>	<p><b>14</b> Popcorn Chicken w/ Dinner Roll OR Fish Sandwich Golden Corn* Celery Sticks* Mandarin Oranges* Milk</p>
<p><b>17</b> Macaroni &amp; Cheese w/ Dinner Roll OR Turkey Hot Dog on Bun Steamed Broccoli Florets* Grape Tomatoes* Pineapple Tidbits* Milk</p> <p style="text-align: center;"><b>December</b> Happy Birthday Celebration! Mini Rice Krispie Treat w/ any Meal!</p>	<p><b>18</b> Tony's Cheese Pizza OR Pork Pepperoni Pizza OR Deli Turkey &amp; Cheese Sandwich Green Pepper Strips* Cucumber Slices* Diced Peaches* Milk</p>	<p><b>19</b> Chicken Tenders w/ Biscuit OR Cheese Quesadilla w/ Choice of Sour Cream &amp; Salsa Chipotle Black Beans* Hearty Spinach Salad* Slushy Jolly! Strawberry Kiwi Juice Cup* Milk</p>	<p><b>20</b> French Toast Sticks w/ Scrambled Eggs OR Apple Filled Frudel w/ Scrambled Eggs Hash Brown Potato Rounds* Tossed Mix Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p><b>21</b> Mini Turkey Corn Dogs OR Mini Fish Sticks Mini "Night Vision" Carrots* Mini Tater Tots* Mini Diced Pears* Milk</p> <p style="text-align: center;"><b>Mini Scooby Doo Fruit Snacks w/ the purchase of any Meal!</b></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.

## Enjoy Winter Break!

### School resumes January 7, 2019



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

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.



**Additional Entrées Served:**

**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.

**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."