




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 December 2018

**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
3 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Baby Carrots* Hearty Spinach Salad* Applesauce Cup* Milk	4 General Tso's Chicken w/ Brown Rice Stir Fry Vegetables* Cucumber Slices* Diced Peaches* Milk	5 Taco Salad w/ Baked Tostitos Chips & Choice of Salsa & Sour Cream Refried Beans* Steamed Golden Corn* Mixed Berries* Milk	6 Spicy Chicken Fingers w/ Dinner Roll Oven Baked French Fries* Sweet & Juicy Red Pepper Strips* Red Grapes* Milk	7 Italian Pasta Bar w/ Garlic Toast (Sauce Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce) Tossed Mix Salad* Celery Sticks* Mandarin Oranges* Milk
10 Toasted Cheese Sandwich "Campbell's" Tomato Soup* Tater Tots* Diced Pears* Milk 	11 Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun "Bush's Best" Vegetarian Baked Beans* Green Pepper Strips* Kicking Kiwi* Milk	12 <i>Brunch for Lunch</i> French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Hearty Spinach Salad* 100% Apple, Orange or Grape Juice* Milk	13 Popcorn Chicken w/ Biscuit Golden Corn* Grape Tomatoes* Diced Mangoes* Milk	14 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Cucumber Slices* Tossed Mix Salad* Mixed Fruit* Milk
17 Mini Turkey Corn Dogs Potato Smiles* Baby Carrots* Apple Slices* Milk  December Happy Birthday Celebration! Mini Rice Krispie Treat w/ any Meal!	18 Tony's Personal Pan Cheese Pizza Cucumber Slices* Celery Sticks* Pineapple Chunks* Milk	19 <u>HOLIDAY MEAL</u> Roast Turkey w/ Dinner Roll Mashed Potatoes* w/ Gravy Tender Green Beans* Slushy Jolly! Strawberry Kiwi Juice Cup* Milk 	20 Regular Chicken Tenders w/ Biscuit "Bush's Best" Vegetarian Baked Beans* Tossed Mix Salad* Mandarin Oranges* Milk	21 Pepperoni Calzone w/ Marinara Sauce Grape Tomatoes* Hearty Spinach Salad* Cinnamon Applesauce Cup* Milk

Check out Child Nutrition's Interactive Menus!
Go to mcschildnutrition.com and click on the menu 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: 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/ Dinner Roll; **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."