







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 High School 8th Grade Lunch Menu January 2019

Fuel Up with School Breakfast at HS!
MM Students - Breakfast located in Small Commons
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	
<p>Lunch Prices: \$2.70, \$2.95, \$3.50, \$3.70, \$3.95, \$4.50 2nd Entrée: \$2.10, \$2.20, & \$2.75 2nd Slice Pizza: \$2.75 Ala Carte Milk: \$0.55 Ala Carte Bottled Water (8oz): \$0.60</p>	<p>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 1-3 fruits & vegetables.</p>			<p style="text-align: center;">Check out Child Nutrition’s Interactive Menus!</p> <p>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.</p>	
<p>7 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Red Pepper Strips* Choice of Fruit* Milk</p>	<p>8 Regular Chicken Tenders w/ Waffles  Celery Sticks* Spinach Salad* Choice of Fruit* Milk</p>	<p>9 Chili Cheese Conneys “Bush’s Best” Vegetarian Baked Beans* Baby Carrots* Choice of Fruit* Milk</p>	<p>10 Mini Turkey Corn Dogs Golden Corn* Spring Mix Salad* Choice of Fruit* Milk</p>	<p>11 Honey Sriracha Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Cucumber Slices* Grape Tomatoes* Choice of Fruit* Milk</p>	
<p>14 Toasted Cheese Sandwich Campbell’s Tomato Soup* Tater Tots* Choice of Fruit* Milk </p>	<p>15 Orange Chicken w/ Brown Rice & Dinner Roll Stir Fry Vegetables* Baby Carrots* Choice of Fruit* Milk</p>	<p>16 Cincinnati Chili & Spaghetti Kidney Beans* Spinach Salad* Choice of Fruit* Milk</p>	<p>17 Popcorn Chicken w/ Biscuit Cucumber Slices* Tossed Mix Salad* Choice of Fruit* Milk</p>	<p>18 Pepperoni Calzone Grape Tomatoes* Celery Sticks* Choice of Fruit* Milk</p>	
<p>21 NO SCHOOL </p>	<p>22 General Tso’s Chicken w/ Brown Rice & Dinner Roll Steamed Broccoli* Red Pepper Strips* Choice of Fruit* Milk</p>	<p>23 Chili Cheese Conneys “Bush’s Best” Vegetarian Baked Beans* Cucumber Slices* Choice of Fruit* Milk</p>	<p>24 Brunch For Lunch French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Spring Mix Salad* Choice of Fruit* Milk</p>	<p>25 Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Tossed Mix Salad* Baby Carrots* Choice of Fruit* Milk</p>	
<p>28 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Roasted Seasoned Asparagus* Red Pepper Strips* Choice of Fruit* Milk</p>	<p>29 Sweet Southern BBQ Chicken Sandwich Savory Sweet Potato Fries* Tossed Mix Salad* Choice of Fruit* Milk</p>	<p>30 Cincinnati Chili & Spaghetti Kidney Beans* Spinach Salad* Choice of Fruit* Milk</p>	<p>31 Pepperoni Calzone w/ Marinara Sauce Spring Mix Salad* Baby Carrots* Choice of Fruit* Milk</p>		

Additional Offerings Served:

Offered Daily: Café Feature or South of the Border Tacos, Taco Salad, Walking Tacos (Tuesdays Only), Cheese or Pork Pepperoni Pizza, Hamburger or Cheeseburger, Breaded Chicken Sandwich (All days except Friday), Specialty Salads: Chef, Cobb, and Grilled Chicken Caesar Salad, Deli Subs & Sandwiches, Hummus Meal, Mac & Cheese w/ Dinner Roll, Peanut Butter & Jelly Sandwich; **Available on Friday:** Fish Sandwich, Hot & Spicy Chicken 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.”