







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 Lunch Menu January 2019

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
<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 2 fruits and 2 vegetables.</p>		<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.</p>	
<p>7 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Red Pepper Strips* Choice of 2 Fruits* Milk</p>	<p>8 Regular Chicken Tenders w/ Waffles Celery Sticks*  Spinach Salad* Choice of 2 Fruits* Milk</p>	<p>9 Chili Cheese Conneys “Bush’s Best” Vegetarian Baked Beans* Baby Carrots* Choice of 2 Fruits* Milk</p>	<p>10 Mini Turkey Corn Dogs Golden Corn* Spring Mix Salad* Choice of 2 Fruits* Milk</p>	<p>11 Honey Sriracha Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Cucumber Slices* Grape Tomatoes* Choice of 2 Fruits* Milk</p>
<p>14 Toasted Cheese Sandwich Campbell’s Tomato Soup* Tater Tots* Choice of 2 Fruits* Milk </p>	<p>15 Orange Chicken w/ Brown Rice & Dinner Roll Stir Fry Vegetables* Baby Carrots* Choice of 2 Fruits* Milk</p>	<p>16 Cincinnati Chili & Spaghetti Kidney Beans* Spinach Salad* Choice of 2 Fruits* Milk</p>	<p>17 Popcorn Chicken w/ Biscuit Cucumber Slices* Tossed Mix Salad* Choice of 2 Fruits* Milk</p>	<p>18 Pepperoni Calzone Grape Tomatoes* Celery Sticks* Choice of 2 Fruits* 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 2 Fruits* Milk</p>	<p>23 Chili Cheese Conneys “Bush’s Best” Vegetarian Baked Beans* Cucumber Slices* Choice of 2 Fruits* Milk</p>	<p>24 Brunch For Lunch French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Spring Mix Salad* Choice of 2 Fruits* Milk</p>	<p>25 Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Tossed Mix Salad* Baby Carrots* Choice of 2 Fruits* Milk</p>
<p>28 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Roasted Seasoned Asparagus* Red Pepper Strips* Choice of 2 Fruits* Milk</p>	<p>29 Sweet Southern BBQ Chicken Sandwich Savory Sweet Potato Fries* Tossed Mix Salad* Choice of 2 Fruits* Milk</p>	<p>30 Cincinnati Chili & Spaghetti Kidney Beans* Spinach Salad* Choice of 2 Fruits* Milk</p>	<p>31 Pepperoni Calzone w/ Marinara Sauce Spring Mix Salad* Baby Carrots* Choice of 2 Fruits* Milk</p>	<p style="text-align: center;"></p>

Additional Offerings Served:


Offered Daily: 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 & Spicy Chicken Sandwiches, Specialty Salads: Chef, Cobb, and Grilled Chicken Caesar Salad, Deli Subs & Sandwiches, Hummus Meal, Mac & Cheese w/ Dinner Roll, Peanut Butter & Jelly Sandwich, Yogurt Parfait w/ Granola, Deli Turkey & Cheese Wrap;

Available on Friday: Fish Sandwich

*Additional fruit and vegetable choices are available daily.

Specialty Pizzas Offered:

Monday: Buffalo Chicken
 Tuesday: Turkey Bacon Ranch
 Wednesday: Veggie Pizza
 Thursday: Buffalo Chicken
 Friday: Turkey Bacon Ranch



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.”