

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

January 2019

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
<p>Lunch Price: \$2.70 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 to 3 fruits or 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 Baby Carrots* Hearty Spinach Salad* Applesauce Cup* Milk</p>	<p>8 Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun "Bush's Best" Vegetarian Baked Beans* Red Pepper Strips* Diced Mangoes* Milk</p>	<p>9 <i>Brunch for Lunch</i> Mini Pillsbury Pancakes w/ Scrambled Eggs Hash Brown Potato Rounds* Celery Sticks* 100% Apple, Orange or Grape Juice* Milk</p>	<p>10 Popcorn Chicken w/ Biscuit Curly Fries* Cucumber Slices* Red Grapes* Milk</p>	<p>11 Pepperoni Calzone Spring Mix Salad* Grape Tomatoes* Apple Slices* Milk</p>
<p>14 Toasted Cheese Sandwich "Campbell's" Tomato Soup* Tater Tots* Diced Pears* Milk</p> 	<p>15 Teriyaki Chicken w/ Brown Rice Steamed Broccoli* Celery Sticks* Pineapple Chunks* Milk</p>	<p>16 Taco Salad w/ Baked Tostitos Chips & Choice of Salsa & Sour Cream Refried Beans* Golden Corn* Mixed Berries* Milk</p>	<p>17 Regular Chicken Tenders w/ Dinner Roll Oven Baked French Fries* Hearty Spinach Salad * Red Grapes* Milk</p> 	<p>18 Italian Pasta Bar w/ Garlic Toast (Sauce Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce) Baby Carrots* Green Pepper Strips* Mandarin Oranges* Milk</p>
<p>21 NO SCHOOL</p> 	<p>22 Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun "Bush's Best" Vegetarian Baked Beans* Grape Tomatoes* Strawberry Mango Juice Cup* Milk</p>	<p>23 <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</p>	<p>24 Popcorn Chicken w/ Biscuit Golden Corn* Red Pepper Strips* Kicking Kiwi* Milk</p>	<p>25 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Cucumber Slices* Tossed Mix Salad* Mixed Fruit* Milk</p>
<p>28 Mini Turkey Corn Dogs Potato Smiles* Baby Carrots* Apple Slices* Milk</p>   <p>January Happy Birthday Celebration! Mini Rice Krispie Treat w/ any Meal!</p>	<p>29 Tony's Personal Pan Cheese Pizza Spring Mix Salad* Celery Sticks* Pineapple Chunks* Milk</p>	<p>30 Taco Salad w/ Baked Tostitos Chips & Choice of Salsa & Sour Cream Chipotle Black Beans* Golden Corn* Diced Peaches* Milk</p>	<p>31 Regular Chicken Tenders w/ Biscuit "Bush's Best" Vegetarian Baked Beans* Tossed Mix Salad* Mandarin Oranges* Milk</p>	

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."