





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 Middle School Lunch Menu January 2019

Fuel Up with School Breakfast at MM!
Breakfast is available in the cafeteria and a breakfast cart located by the Guidance Office.
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
Lunch Price: \$2.70, 2.95 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.		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.	
7 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Baby Carrots* Tossed Mix Salad* Mandarin Oranges* Milk	8 Taco Salad w/ Baked Tostitos Chips & Choice of Salsa & Sour Cream Golden Corn* Refried Beans* Diced Pears* Milk	9 Mac & Cheese w/ Dinner Roll Steamed Broccoli Florets* Cucumbers Slices* Kiwi* Milk	10 Popcorn Chicken w/ Biscuit Spinach Salad* Red Pepper Strips* Mixed Berries* Milk	11 General Tso's Chicken w/ Brown Rice Steamed Stir-Fry Vegetables* Grape Tomatoes* Pineapple Chunks* Milk
14 Toasted Cheese Sandwich "Campbell's" Tomato Soup* Tater Tots* Apple Slices* Milk	15 Grab & Go Walking Taco w/ Nacho Cheese Doritos & Choice of Salsa & Sour Cream Golden Corn* "Bush's Best" Taco Fiesta Black Beans* Diced Peaches* Milk	16 <u>Early Release - Brunch For Lunch</u> French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Spring Mix Salad* 100% Apple or Orange Juice* Milk	17 Boneless Chicken Wings w/ Harvest Cheddar Sun Chips Celery Sticks* Baby Carrots* Red Grapes* Milk	18 Italian Pasta Bar w/ Garlic Breadstick (Sauce Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce) Red Pepper Strips* Tossed Mix Salad* Diced Mangoes* Milk 
21 NO SCHOOL 	22 Taco Salad w/ Baked Tostitos Chips & Choice of Salsa & Sour Cream Golden Corn* Chipotle Black Beans* Diced Pears* Milk	23 Mini Turkey Corn Dogs Potato Smiles* Spinach Salad* Red Grapes* Milk	24 Regular Chicken Tenders w/ Waffles Grape Tomatoes* Cucumber Slices* Tropical Fruit Salad* Milk	25 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Baby Carrots* Mandarin Oranges* Milk
28 <i>Tyson®</i> Breaded Chicken Drumstick w/ Dinner Roll Mashed Potatoes* w/ Gravy Tender Green Beans* Slushy Strawberry Mango Juice Cup* Milk	29 Grab & Go Walking Taco w/ Nacho Cheese Doritos & Choice of Salsa & Sour Cream Golden Corn* Refried Beans* Mixed Berries* Milk	30 <u>Early Release - Brunch For Lunch</u> French Toast Sticks w/ Scrambled Eggs Hash Brown Potato Rounds* Baby Carrots* 100% Apple or Orange Juice* Milk	31 Chili Cheese Conneys "Bush's Best" Vegetarian Baked Beans* Spinach Salad* Diced Peaches* Milk	

Additional Entrées Served

Offered Daily: Cheese or Turkey Pepperoni Pizza, Hamburger or Cheeseburger, Chicken Patty Sandwich, Peanut Butter & Jelly Sandwich, Grilled Chicken Salad, Chef Salad, Large Green Salad, Hummus Meal, Turkey & Cheese Sub, Italian Sub

Available on Fridays: Spicy Chicken Patty Sandwich, 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."

