

**Four easy ways to pay for meals:**

1. Go to [www.MyPaymentsPlus.com](http://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.

# Western Row Elementary Lunch Menu January 2019

**Fuel Up with School Breakfast at WR!**  
**All Students Welcome**  
**4<sup>th</sup> Graders Grab 'N Go Cart at Orange Dot:**  
**300 & 500 Wing Intersection near Music Rooms**  
**7:55-8:15 AM**  
**3<sup>rd</sup> Graders Served-Cafeteria: 8:55-9:15 AM**  
**Breakfast Meal Price: \$1.70 - See Menu On-Line**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch Price: \$2.70</b>  <b>Ala Carte Milk: \$0.55</b>  <b>Ala Carte Bottled Water (8oz): \$0.60</b></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 style="text-align: center;"><b>Check out Child Nutrition's Interactive Menus!</b>                  Go to <a href="http://mcschildnutrition.com">mcschildnutrition.com</a> 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><b>7</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR Deli Turkey Sandwich Celery Sticks* Hearty Spinach Salad* Apple Slices* Milk</p>	<p><b>8</b> Tony's Cheese Pizza OR American Sub (Ham, Turkey &amp; Cheese on Sub Bun) Steamed Carrot Coins* Cucumber Slices* Kicking Kiwi* Milk</p>	<p><b>9</b> Popcorn Chicken w/ Biscuit OR Beef &amp; Bean Mexican Burrito w/ Choice of Salsa &amp; Sour Cream Refried Beans* Grape Tomatoes* Red Grapes* Milk</p>	<p><b>10</b> Mini Pillsbury Pancakes w/ Turkey Sausage Links OR Mini Waffles w/ Turkey Sausage Links Tater Tots* Sweet &amp; Juicy Red Pepper Strips* 100% Apple, Orange or Grape Juice* Milk</p>	<p><b>11</b> Tony's Personal Pan Cheese Pizza OR Turkey Corn Dog "Smiley Face" Potatoes* Tossed Mix Salad* Diced Peaches* Milk</p>
<p><b>14</b> Chicken Nuggets w/ Dinner Roll OR American Sub (Ham, Turkey &amp; Cheese on Sub Bun) Steamed Peas* Celery Sticks* Mixed Fruit* Milk</p>	<p><b>15</b> Tony's Cheese OR Pork Pepperoni Pizza OR Deli Turkey Sandwich Grape Tomatoes* Cucumber Slices* Pineapple Tidbits* Milk </p>	<p><b>16</b> Hamburger or Cheeseburger OR Cheese Quesadilla w/ Choice of Sour Cream &amp; Salsa Refried Beans* Hearty Spinach Salad* Kicking Kiwi* Milk </p>	<p><b>17</b> French Toast Sticks w/ Scrambled Eggs OR Mini Cinnis w/ Scrambled Eggs Hash Brown Potato Rounds* Tossed Mix Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p><b>18</b> Mini Turkey Corn Dogs OR Mini Fish Sticks Mini "Night Vision" Carrots Mini Tater Tots* Mini Diced Peas* Milk   <b>Mini Scooby Doo Fruit Snacks w/ meal</b></p>
<p><b>21 NO SCHOOL</b></p>	<p><b>22</b> Tony's Cheese Pizza OR Hamburger or Cheeseburger "Bush's Best" Vegetarian, Baked Beans* Baby Carrots* Apple Slices* Milk</p>	<p><b>23</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR American Sub Grape Tomatoes* Diced Mangoes* Milk</p>	<p><b>24</b> Mini Pillsbury Pancakes w/ Turkey Sausage Links OR Egg, Cheese &amp; Turkey Bacon Bosco Stick w/ Turkey Sausage Links Tater Tots* Hearty Spinach Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p><b>25</b> Popcorn Chicken w/ Dinner Roll OR Fish Sandwich Golden Corn* Spring Mix Salad* Mandarin Oranges* Milk</p>
<p><b>28</b> Macaroni &amp; Cheese w/ Dinner Roll OR Turkey Hot Dog on Bun Steamed Broccoli Florets* Grape Tomatoes* Pineapple Tidbits* Milk   <b>January</b>  <b>Happy Birthday Celebration!</b>  <b>Mini Rice Krispie Treat w/ any Meal!</b></p>	<p><b>29</b> Tony's Cheese Pizza OR Pork Pepperoni Pizza OR Deli Ham &amp; Cheese Sandwich Green Pepper Strips* Cucumber Slices* Diced Peaches* Milk</p>	<p><b>30</b> Chicken Tenders w/ Biscuit OR Cheese Quesadilla w/ Choice of Sour Cream &amp; Salsa Chipotle Black Beans* Spring Mix Salad* Strawberry Mango Juice Cup* Milk</p>	<p><b>31</b> French Toast Sticks w/ Scrambled Eggs OR Apple Filled Frudel w/ Scrambled Eggs Hash Brown Potato Rounds* Tossed Mix Salad* 100% Apple, Orange or Grape Juice* Milk</p>	

**Additional Entrées Served:**

**Daily:** Large Green Salad w/ Cheese, Mini Blueberry Loaf & Goldfish Crackers; Peanut Butter & Jelly Uncrustable w/ String Cheese & Goldfish Crackers; Hummus Meal: Roasted Red Pepper Hummus, Cheddar Cheese Cubes, Baby Carrots, Celery Sticks, Grape Tomatoes & Goldfish Crackers; Yogurt, String Cheese, Mini Blueberry Loaf & Goldfish Crackers; \*Additional fruit and vegetable choices are available daily.

**MCS Office of Child Nutrition 513-336-6526 Located at Mason Central:  
 211 North East St. Mason, OH 45040**

"This institution is an equal opportunity provider."