

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.

Western Row Elementary Lunch Menu February 2019

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



Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Lunch Price: \$2.70 Ala Carte Milk: \$0.55 Ala Carte Bottled Water (8oz): \$0.60</p>	<p style="text-align: center;"> Follow Child Nutrition on Twitter @NutritionMCS! </p> <p style="text-align: center;">Check out Child Nutrition's Interactive Menus!</p> <p style="text-align: center;">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>1 Chicken Nuggets w/ Dinner Roll OR American Sub (Ham, Turkey & Cheese on Sub Bun) Baby Carrots* Celery Sticks* Mixed Fruit* Milk</p>	
<p>4 Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR Deli Turkey Sandwich Steamed Peas* Celery Sticks* Apple Slices* Milk</p>	<p>5 Happy Chinese New Year! Tony's Cheese Pizza OR Hamburger or Cheeseburger Steamed Carrot Coins* Cucumber Slices* Kicking Kiwi* Milk</p> <p style="text-align: center;"></p>	<p>6 Popcorn Chicken w/ Biscuit OR Beef & Bean Mexican Burrito w/ Choice of Salsa & Sour Cream Refried Beans* Grape Tomatoes* Red Grapes* Milk</p>	<p>7 Mini Pillsbury Pancakes w/ Turkey Sausage Links OR Mini Waffles w/ Turkey Sausage Links Tater Tots* Sweet & Juicy Red Pepper Strips* 100% Apple, Orange or Grape Juice* Milk</p>	<p>8 Tony's Personal Pan Cheese Pizza OR Turkey Corn Dog "Smiley Face" Potatoes* Tossed Mix Salad* Fresh Clementine* Milk</p> <p style="text-align: right;"></p>	
<p>11 Hamburger or Cheeseburger OR Cheese Quesadilla w/ Choice of Sour Cream & Salsa Refried Beans* Baby Carrots* Kicking Kiwi* Milk</p> <p style="text-align: right;"></p>	<p>12 Tony's Cheese OR Pork Pepperoni Pizza OR Deli Turkey Sandwich Grape Tomatoes* Cucumber Slices* Pineapple Tidbits* Milk</p>	<p>13 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>14 Happy Valentine's Day Heart Shaped Chicken Nuggets w/ Dinner Roll Oven Baked French Fries* Crisp Romaine Salad* "Be Mine! Bold Cherry Juice Cup" Milk</p> <p style="text-align: center;"></p>	<p>15 NO SCHOOL Personal Learning Day</p> <p style="text-align: center;"></p>	
<p>18 NO SCHOOL</p> <p style="text-align: center;"></p>	<p>19 Tony's Cheese Pizza OR Hamburger or Cheeseburger "Bush's Best" Vegetarian. Baked Beans* Baby Carrots* Apple Slices* Milk</p>	<p>20 Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR American Sub (Ham, Turkey & Cheese on Sub Bun) Grape Tomatoes* Cucumber Slices* Diced Mangoes* Milk</p>	<p>21 Mini Pillsbury Pancakes w/ Turkey Sausage Links OR Egg, Cheese & Turkey Bacon Bosco Stick w/ Turkey Sausage Links Tater Tots* Hearty Spinach Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p>22 Popcorn Chicken w/ Biscuit OR Fish Sandwich Golden Corn* Crisp Romaine Salad* Mandarin Oranges* Milk</p>	
<p>25 Macaroni & Cheese w/ Dinner Roll OR Turkey Hot Dog on Bun Steamed Broccoli Florets* Grape Tomatoes* Pineapple Tidbits* Milk</p> <p style="text-align: center;"></p> <p style="text-align: center;">February Happy Birthday Celebration! Birthday Cake Grahamz w/ any Meal!</p>	<p>26 Tony's Cheese Pizza OR Pork Pepperoni Pizza OR Deli Ham & Cheese Sandwich Green Pepper Strips* Cucumber Slices* Diced Peaches* Milk</p>	<p>27 Chicken Tenders w/ Biscuit OR Cheese Quesadilla w/ Choice of Sour Cream & Salsa Chipotle Black Beans* Spring Mix Salad* Strawberry Mango Juice Cup* Milk</p>	<p>28 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>	<div style="border: 1px solid black; padding: 10px;"> <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 and vegetables.</p> <p style="text-align: center;"></p> </div>	

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."