

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 March 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

National School Breakfast Week – March 4-8, 2019 #NSBW19 #FUELFORSCHOOL 					
4 Orange Chicken w/ Brown Rice OR Turkey Corn Dog Fresh Broccoli Florets* Crisp Romaine Salad* Apple Slices* Milk 	5 Tony's Cheese Pizza OR Hamburger or Cheeseburger Steamed Carrot Coins* Cucumber Slices* Kicking Kiwi* Milk	6 Popcorn Chicken w/ Biscuit OR Cheese Quesadilla w/ Choice of Sour Cream & Salsa Refried Beans* Grape Tomatoes* Red Grapes* Milk	Dr. Seuss Any student who makes a purchase on Friday, March 1, will have a chance to win a book!	1 Dr. Seuss's Birthday! Chance to win a book with any purchase today! Chicken Nuggets w/ Dinner Roll OR American Sub (Ham, Turkey & Cheese on Sub Bun) Baby Carrots* Celery Sticks* Mixed Fruit* Milk	
11 Hamburger or Cheeseburger OR Turkey Hot Dog on Bun Crisp Romaine Salad* Baby Carrots* Kicking Kiwi* Milk 	12 Tony's Cheese OR Pork Pepperoni Pizza OR Deli Turkey Sandwich Grape Tomatoes* Cucumber Slices* Pineapple Tidbits* Milk	13 Chicken Tenders w/ Biscuit OR Beef & Bean Mexican Burrito w/ Choice of Salsa & Sour Cream* Chipotle Black Beans* Spring Mix Salad* Mandarin Oranges* Milk	14 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	15 NO SCHOOL Professional Work Day <div style="border: 1px solid black; padding: 5px; text-align: center;"> Follow Child Nutrition on Twitter @NutritionMCS! </div>	
18 Happy St. Patrick's Day Shamrock Shaped Chicken Nuggets w/ Dinner Roll Oven Baked French Fries* Grape Tomatoes* Slushy Lemon Lime Swirl Juice Cup* Milk 	19 Tony's Cheese Pizza OR Hamburger or Cheeseburger "Bush's Best" Vegetarian. Baked Beans* Baby Carrots* Apple Slices* Milk	20 Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR American Sub (Ham, Turkey & Cheese on Sub Bun) Red Pepper Strips* Cucumber Slices* Diced Mangoes* Milk	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	22 Popcorn Chicken w/ Biscuit OR Fish Sandwich Golden Corn* Romaine Salad* Mandarin Oranges* Milk March Happy Birthday Celebration! Mini Rice Krispies Treat w/ any Meal! 	
Have a fun and safe Spring Break March 25-29 	<p style="text-align: center;">Check out Child Nutrition's Interactive Menus!</p> 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.		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.		

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."

Lunch Price: \$2.70
Ala Carte Milk: \$0.55
Ala Carte Bottled Water (8oz): \$0.60