

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

March 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

National School Breakfast Week – March 4-8, 2019
#NSBW19 #FUELFORSCHOOL



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!
 Italian Pasta Bar w/ Garlic Toast (Sauce Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce)
 Grape Tomatoes* Green Pepper Strips* Diced Pears* Milk

4 Bosco Cheese Filled Breadsticks w/ Marinara Sauce
 Baby Carrots*
 Hearty Spinach Salad*
 Applesauce Cup*
 Milk

5 Orange Chicken w/ Brown Rice
 Steamed Broccoli*
 Celery Sticks*
 Pineapple Chunks*
 Milk

6 Brunch for Lunch
 Mini Pillsbury Pancakes w/ Scrambled Eggs
 Hash Brown Potato Rounds*
 Crisp Romaine Salad*
 100% Apple, Orange or Grape Juice*
 Milk

7 Popcorn Chicken w/ Biscuit
 Cucumber Slices*
 "Bush's Best"
 Vegetarian Baked Beans*
 Red Grapes*
 Milk

8 Pepperoni Calzone
 Tossed Mix Salad*
 Grape Tomatoes*
 Blue Raspberry Lemon Juice Cup*
 Milk

11 Toasted Cheese Sandwich
 "Campbell's" Tomato Soup*
 Tater Tots*
 Diced Pears*
 Milk

12 Mini Turkey Corn Dogs
 Potato Smiles*
 Crisp Romaine Salad*
 Diced Mangoes*
 Milk

13 Taco Salad w/ Baked Tostitos Chips & Choice of Salsa & Sour Cream
 Refried Beans*
 Golden Corn*
 Mixed Berries*
 Milk

14 Chicken Patty Sandwich
 Tender Green Beans*
 Baby Carrots*
 Apple Slices*
 Milk

15 NO SCHOOL Professional Work Day

Follow Child Nutrition on Twitter @NutritionMCS!

18 Happy St. Patrick's Day
 Shamrock Shaped Chicken Nuggets w/ Dinner Roll
 Oven Baked French Fries*
 Hearty Spinach Salad*
 Slushy Lemon Lime Swirl Juice Cup*
 Milk

19 Cincinnati Chili Cheese Dog OR Turkey Hot Dog on Bun "Bush's Best"
 Vegetarian Baked Beans*
 Grape Tomatoes*
 Apple Slices*
 Milk

20 Brunch for Lunch
 French Toast Sticks w/ Turkey Sausage Links
 Hash Brown Potato Rounds*
 Tossed Mix Salad*
 100% Apple, Orange or Grape Juice*
 Milk

21 Tony's Personal Pan Cheese Pizza
 Celery Sticks*
 Red Pepper Strips*
 Kicking Kiwi*
 Milk

22 Bosco Cheese Filled Breadsticks w/ Marinara Sauce
 Cucumber Slices* Crisp 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

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

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: 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 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