

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 April 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>1 Toasted Cheese Sandwich OR Deli Turkey & Cheese Sandwich "Campbell's" Tomato Soup* Tossed Mix Salad* Cinnamon Applesauce Cup* Milk</p>	<p>2 Tony's Cheese Pizza OR Pork Pepperoni Pizza OR Hot Ham & Cheese Sandwich Hearty Spinach Salad* Cucumber Slices* Diced Peaches* Milk </p>	<p>3 Chicken Tenders w/ Dinner Roll OR Cheese Quesadilla w/ Choice of Sour Cream & Salsa Chipotle Black Beans* Grape Tomatoes* Apple Slices* Milk</p>	<p>4 French Toast Sticks w/ Scrambled Eggs OR Apple Filled Frudel w/ Scrambled Eggs Hash Brown Potato Rounds* Crisp Romaine Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p>5 Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR Deli Turkey Sandwich Steamed Peas* Baby Carrots* Kiwi Strawberry Juice Cup* Milk</p>
<p>8 Orange Chicken w/ Brown Rice OR Turkey Corn Dog Fresh Broccoli Florets* Cucumber Slices* Apple Slices* Milk</p>	<p>9 Tony's Cheese Pizza OR Hamburger or Cheeseburger Steamed Carrot Coins* Spring Mix Salad* Kicking Kiwi* Milk</p>	<p>10 Popcorn Chicken w/ Biscuit OR Cheese Quesadilla w/ Choice of Sour Cream & Salsa Refried Beans* Grape Tomatoes* Red Grapes* Milk </p>	<p>11 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>12 Mini Turkey Corn Dogs OR Mini Fish Sticks Mini "Night Vision" Carrots* Mini Tater Tots* Mini Diced Pears* Milk Mini Scooby Doo Fruit Snacks w/ the purchase of any Meal! </p>
<p>15 Hamburger or Cheeseburger OR Turkey Hot Dog on Bun Crisp Romaine Salad* Baby Carrots* Mandarin Orange Cup* Milk</p>	<p>16 Tony's Cheese OR Pork Pepperoni Pizza OR Deli Turkey Sandwich Grape Tomatoes* Cucumber Slices* Pineapple Tidbits* Milk</p>	<p>17 Chicken Tenders w/ Dinner Roll OR Beef & Bean Mexican Burrito w/ Choice of Salsa & Sour Cream* Chipotle Black Beans* Spring Mix Salad* Kicking Kiwi* Milk </p>	<p>18 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>19 NO SCHOOL</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <p>Follow Child Nutrition on Twitter @NutritionMCS!</p> </div>
<p>22 Chicken Nuggets w/ Dinner Roll OR American Sub (Ham, Turkey & Cheese on Sub Bun) Oven Baked French Fries* Grape Tomatoes* Bloom! Watermelon Lemonade Juice Cup* Milk </p>	<p>23 Tony's Cheese Pizza OR Hamburger or Cheeseburger "Bush's Best" Vegetarian Baked Beans* Baby Carrots* Apple Slices* Milk</p>	<p>24 Bosco Cheese Filled Breadsticks w/ Marinara Sauce OR Deli Turkey Sandwich Red Pepper Strips* Cucumber Slices* Mandarin Oranges* Milk</p>	<p>25 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>26 Popcorn Chicken w/ Biscuit OR Fish Sandwich Golden Corn* Crisp Romaine Salad* Fresh Strawberries* Milk </p>
<p>29 Toasted Cheese Sandwich OR Deli Turkey & Cheese Sandwich "Campbell's" Tomato Soup* Tossed Mix Salad* Cinnamon Applesauce Cup* Milk Happy Birthday Celebration! Mini Ice Cream Chocolate Sundae w/ any Meal! </p>	<p>30 Tony's Cheese Pizza OR Pork Pepperoni Pizza OR Hot Ham & Cheese Sandwich Hearty Spinach Salad* Cucumber Slices* Diced Peaches* Milk</p>	<p><u>Check out Child Nutrition's Interactive Menus!</u> Go to meschildnutrition.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>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>

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

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;
 *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."