







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 High School 8th Grade Lunch Menu April 2019

Fuel Up with School Breakfast at HS!
MM Students - Breakfast located in Small Commons
Served Daily: 6:55-7:15 AM
Breakfast Meal Price: \$1.80
See Menu On-Line
Breakfast Items Available Ala Carte



Monday	Tuesday	Wednesday	Thursday	Friday
1 Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Choice of Fruit* Milk 	2 Chicken Tenders w/ Waffles Celery Sticks* Baby Carrots* Choice of Fruit* Milk	3 Cincinnati Chili & Spaghetti Kidney Beans* Crisp Romaine Salad* Choice of Fruit* Milk	4 Mini Turkey Corn Dogs Buffalo Roasted Cauliflower* Grape Tomatoes*  Choice of Fruit* Milk	5 Honey Sriracha Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Crisp Romaine Salad* Cucumber Slices* Choice of Fruit* Milk
8 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Roasted Asparagus* Red Pepper Strips* Choice of Fruit* Milk	9 General Tso's Chicken w/ Brown Rice & Dinner Roll Stir-Fry Vegetables* Spinach Salad* Choice of Fruit* Milk	10 Chili Cheese Cones "Bush's Best" Vegetarian Baked Beans* Baby Carrots* Choice of Fruit* Milk	11 Popcorn Chicken w/ Biscuit Golden Corn* Spring Mix Salad* Choice of Fruit* Milk	12 Pepperoni Calzone w/ Marinara Sauce Cucumber Slices* Grape Tomatoes* Choice of Fruit* Milk
15 Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Choice of Fruit* Milk	16 Chicken Patty Sandwich Savory Sweet Potato Fries* Hearty Spinach Salad* Choice of Fruit* Milk	17 Cincinnati Chili & Spaghetti Kidney Beans* Crisp Romaine Salad* Choice of Fruit* Milk	18 Orange Chicken w/ Brown Rice & Dinner Roll Roasted Green Beans* Tossed Mix Salad* Choice of Fruit* Milk	19 NO SCHOOL <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Follow Child Nutrition on Twitter @NutritionMCS!  </div>
22 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Spring Mix Salad* Red Pepper Strips* Choice of Fruit* Milk	23 Popcorn Chicken w/ Biscuit Golden Corn* Cucumber Slices* Choice of Fruit* Milk	24 Chili Cheese Cones "Bush's Best" Vegetarian Baked Beans* Grape Tomatoes* Choice of Fruit* Milk	25 <u>Brunch For Lunch</u> French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Crisp Romaine Salad* Choice of Fruit* Milk	26 Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Tossed Mix Salad* Baby Carrots* Choice of Fruit* Milk
29 Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Choice of Fruit* Milk 	30 Pepperoni Calzone Spinach Salad* Red Pepper Strips* Choice of Fruit* Milk	<div style="border: 1px solid black; padding: 5px;"> <p>Check out Child Nutrition's Interactive Menus! 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> </div>		<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>

Additional Offerings Served:

Offered Daily: Café Feature or South of the Border Tacos, Taco Salad, Walking Tacos (Tuesday Only), Cheese, Pork Pepperoni or Specialty Pizza, Hamburger or Cheeseburger, Grilled, Breaded or Hot & Spicy Chicken Sandwiches, Specialty Salads: Chef, Cobb, and Grilled Chicken Caesar Salad, Deli Subs & Sandwiches, Hummus Meal, Mac & Cheese w/ Dinner Roll, Peanut Butter & Jelly Sandwich, Yogurt Parfait w/ Granola, Deli Turkey & Cheese Wrap;

Available on Friday: Fish Sandwich

*Additional fruit and vegetable choices are available daily.

**Lunch Prices: \$2.70, \$2.95, \$3.50,
\$3.70, \$3.95, \$4.50**
2nd Entrée: \$2.10, \$2.20, & \$2.75
2nd Slice Pizza: \$2.75
Ala Carte Milk: \$0.55
Ala Carte Bottled Water (8oz): \$0.60

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

"This institution is an equal opportunity provider."