






**Four easy ways to pay for meals:**

1. Go to [www.MyPaymentsPlus.com](http://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 Lunch Menu May 2019



Please say "Thank You" to the Child Nutrition Workers on May 3 for all their hard work!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch Prices: \$2.70, \$2.95, \$3.50, \$3.70, \$3.95, \$4.50</b>  <b>2<sup>nd</sup> Entrée: \$2.10, \$2.20, &amp; \$2.75</b>  <b>2<sup>nd</sup> Slice Pizza: \$2.75</b>  <b>Ala Carte Milk: \$0.55</b>  <b>Ala Carte Bottled Water (8oz): \$0.60</b></p>	<p><b>Follow Child Nutrition on Twitter @NutritionMCS!</b></p> 	<p><b>1</b> Cincinnati Chili &amp; Spaghetti Kidney Beans* Tossed Mix Salad* Choice of 2 Fruits* Milk</p>	<p><b>2</b> Mini Turkey Corn Dogs Buffalo Roasted Cauliflower* Grape Tomatoes* Choice of 2 Fruits* Milk</p>	<p><b>3</b> <b>School Lunch Hero Day!</b> Boneless Chicken Wings w/ Choice of Dipping Sauce &amp; Harvest Cheddar Sun Chips Crisp Romaine Salad* Cucumber Slices* Choice of 2 Fruits* Milk</p> 
<p><b>6</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce Roasted Asparagus* Red Pepper Strips* Choice of 2 Fruits* Milk</p>	<p><b>7</b> Popcorn Chicken w/ Biscuit Golden Corn* Celery Sticks* Choice of 2 Fruits* Milk</p>	<p><b>8</b> Chili Cheese Conneys "Bush's Best" Vegetarian Baked Beans* Baby Carrots* Choice of 2 Fruits* Milk</p>	<p><b>9</b> <b>Brunch for Lunch</b> French Toast Sticks w/ Turkey Sausage Patties  Hash Brown Potato Rounds* Tossed Mix Salad* Choice of 2 Fruits* Milk</p>	<p><b>10</b> Italian Pasta Bar w/ Garlic Toast (Sauce Choices include: Beef Meat Sauce, Meatless Sauce &amp; Italian Cheese Sauce &amp; Rosa Sauce) Cucumber Slices* Grape Tomatoes* Choice of 2 Fruits* Milk</p>
<p><b>13</b> Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Choice of 2 Fruits* Milk</p>	<p><b>14</b> General Tso's Chicken w/ Brown Rice &amp; Dinner Roll Stir-Fry Vegetables* Spinach Salad* Choice of 2 Fruits* Milk</p>	<p><b>15</b> <b>Senior's Last Day</b> Cincinnati Chili &amp; Spaghetti Kidney Beans* Crisp Romaine Salad* Choice of 2 Fruits* Milk</p>	<p><b>16</b> Chicken Tenders w/ Waffles Baby Carrots* Tossed Mix Salad* Choice of 2 Fruits* Milk</p>	<p><b>17</b> Pepperoni Calzone w/ Marinara Sauce Cucumber Slices* Grape Tomatoes* Choice of 2 Fruits* Milk</p>
<p><b>20</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce Spring Mix Salad* Red Pepper Strips* Choice of 2 Fruits* Milk</p>	<p><b>21</b> <i>Tyson</i> Breaded Chicken Drumstick w/ Biscuit Baby Baker Potatoes*  Green Pepper Strips* Choice of 2 Fruits* Milk</p>	<p><b>22</b> Chili Cheese Conneys "Bush's Best" Vegetarian Baked Beans* Grape Tomatoes* Choice of 2 Fruits* Milk</p>	<p><b>23</b> <b>Snack Shop Service:</b> Full Service Breakfast Lunch Service 10:35AM -11:35AM No After School Service  <b>Final Exams Lunch Service</b> Snack Shop Only</p>	<p><b>24</b> <b>Snack Shop Service:</b> Full Service Breakfast Lunch Service 10:35AM-11:35AM No After School Service  <b>Final Exams Lunch Service</b> Snack Shop Only</p>
<p><b>ENJOY YOUR SUMMER!</b></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 2 fruits and 2 vegetables.</p>	<p><b>Check out Child Nutrition's Interactive Menus!</b> Go to <a href="http://mcschildnutrition.com">mcschildnutrition.com</a> 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>		



**Summer Feeding Programs Available:**  
Visit [www.mcschildnutrition.com](http://www.mcschildnutrition.com) and click on the Summer Meal Program sign on the left hand side.

**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.

**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."