

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 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>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</p>	<p>Follow Child Nutrition on Twitter @NutritionMCS!</p>	<p>1 Cincinnati Chili & Spaghetti Kidney Beans* Tossed Mix Salad* Choice of Fruit* Milk</p>	<p>2 Mini Turkey Corn Dogs Buffalo Roasted Cauliflower* Grape Tomatoes* Choice of Fruit* Milk</p>	<p>3 School Lunch Hero Day! Boneless Chicken Wings w/ Choice of Dipping Sauce & Harvest Cheddar Sun Chips Crisp Romaine Salad* Cucumber Slices* Choice of Fruit* Milk</p>
<p>6 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Roasted Asparagus* Red Pepper Strips* Choice of Fruit* Milk</p>	<p>7 Popcorn Chicken w/ Biscuit Golden Corn* Celery Sticks* Choice of Fruit* Milk</p>	<p>8 Chili Cheese Conneys "Bush's Best" Vegetarian Baked Beans* Baby Carrots* Choice of Fruit* Milk</p>	<p>9 Brunch for Lunch French Toast Sticks w/ Turkey Sausage Patties Hash Brown Potato Rounds* Tossed Mix Salad* Choice of Fruit* Milk</p>	<p>10 Italian Pasta Bar w/ Garlic Toast (Sauce Choices include: Beef Meat Sauce, Meatless Sauce & Italian Cheese Sauce & Rosa Sauce) Cucumber Slices* Grape Tomatoes* Choice of Fruit* Milk</p>
<p>13 Toasted Cheese Sandwich Campbell's Tomato Soup* Tater Tots* Choice of Fruit* Milk</p>	<p>14 General Tso's Chicken w/ Brown Rice & Dinner Roll Stir-Fry Vegetables* Spinach Salad* Choice of Fruit* Milk</p>	<p>15 Senior's Last Day Cincinnati Chili & Spaghetti Kidney Beans* Crisp Romaine Salad* Choice of Fruit* Milk</p>	<p>16 Chicken Tenders w/ Waffles Baby Carrots* Tossed Mix Salad* Choice of Fruit* Milk</p>	<p>17 Pepperoni Calzone w/ Marinara Sauce Cucumber Slices* Grape Tomatoes* Choice of Fruit* Milk</p>
<p>20 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Spring Mix Salad* Red Pepper Strips* Choice of Fruit* Milk</p>	<p>21 <i>Tyson</i>® Breaded Chicken Drumstick w/ Biscuit Baby Baker Potatoes* Green Pepper Strips* Choice of Fruit* Milk</p>	<p>22 Chili Cheese Conneys "Bush's Best" Vegetarian Baked Beans* Grape Tomatoes* Choice of Fruit* Milk</p>	<p>23 Snack Shop Service: Full Service Breakfast Lunch Service 10:35AM -11:35AM No After School Service Final Exams Lunch Service Snack Shop Only</p>	<p>24 Snack Shop Service: Full Service Breakfast Lunch Service 10:35AM-11:35AM No After School Service Final Exams Lunch Service Snack Shop Only</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>		<p style="text-align: center;">Check out Child Nutrition's Interactive Menus!</p> <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.</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.

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."



Summer Feeding Programs Available:

Visit www.mcschildnutrition.com and click on the Summer Meal Program sign on the left hand side.