

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 Early Childhood Center Lunch Menu August 2019

Fuel Up with School Breakfast at MECC!
Pre-K/K-2 Students Welcome
Served Daily in Cafeteria: 9:05-9:20AM
Breakfast Meal Price: \$1.70
See Menu On-Line



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>20 Tony's Cheese Pizza Grape Tomatoes* Green Pepper Strips* Cinnamon Applesauce Cup* Milk</p>	<p>21 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Celery Sticks* Baby Carrots* Blue Raspberry Lemon Juice Cup* Milk</p>	<p>22 Mini Pillsbury Pancakes w/ Turkey Sausage Links OR Mini French Toast Sticks w/ Turkey Sausage Links Tater Tots* Tossed Mix Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p>23 Chicken Nuggets w/ Dinner Roll "Bush's Best" Vegetarian Baked Beans* Crisp Romaine Salad* Apple Slices* Milk</p>
<p>26 Hamburger or Cheeseburger Oven Baked French Fries* Cucumber Slices* Mandarin Oranges* Milk</p> <p>August Happy Birthday Celebration! Mini Ice Cream Chocolate Sundae w/ any Meal</p>	<p>27 Tony's Cheese Pizza OR Pork Pepperoni Pizza Chipotle Black Beans* Hearty Spinach Salad* Kicking Kiwi* Milk</p>	<p>28 Popcorn Chicken w/ Biscuit Golden Corn* Grape Tomatoes* Red Grapes* Milk</p>	<p>29 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>30 Macaroni & Cheese w/ Dinner Roll Steamed Broccoli Florets* Baby Carrots* Diced Pears* Milk</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.



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.

Lunch Price: \$2.70
Ala Carte Milk: \$0.55
Ala Carte Bottled Water (8oz): \$0.65

Follow Child Nutrition on Twitter
@NutritionMCS!

Additional Entrées Served Daily:

- Large Green Salad w/ Cheese, Mini Blueberry Loaf & Goldfish Crackers; Peanut Butter & Jelly Uncrustable w/ String Cheese & Goldfish Crackers;
- NEW** → Hummus Meal: Roasted Red Pepper Hummus, Pretzels, Colby Jack Cheese Cubes & Mini Blueberry Loaf;
 Yogurt Meal: Yogurt, String Cheese, Mini Blueberry Loaf & 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."