

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 Elementary Lunch Menu August 2019

Fuel Up Each Day with A Healthy Breakfast at ME!

Breakfast is available in the cafeteria and from a breakfast cart located by the zero wing.






Served Daily: 8:20-8:40 AM

Breakfast Meal Price: \$1.80

Breakfast Items Available Ala Carte

See Menu On-Line




Monday	Tuesday	Wednesday	Thursday	Friday
	20 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Tossed Mix Salad* Mandarin Oranges* Milk	21 Brunch for Lunch French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Hearty Spinach Salad* 100% Apple, Orange or Grape Juice* Milk	22 Chicken Patty Sandwich Cucumber Slices* Baby Carrots* Blue Raspberry Lemon Juice Cup* Milk 	23 Orange Chicken w/ Brown Rice Steamed Broccoli Florets* Grape Tomatoes* Diced Peaches* Milk
26 Toasted Cheese Sandwich "Campbell's" Tomato Soup* Tater Tots* Diced Pears* Milk August Happy Birthday Celebration! Mini Ice Cream Chocolate Sundae w/ any Meal 	27 Taco Tuesday! Taco Salad w/ Baked Tostitos Chips Golden Corn* Refried Beans* Kicking Kiwi* Milk 	28 Mini Turkey Corn Dogs Potato Smiles* Baby Carrots* Apple Slices* Milk	29 Popcorn Chicken w/ Dinner Roll Tossed Mix Salad* Celery Sticks* Chilled Strawberry Cup* Milk	30 Pepperoni Calzone Cucumber Slices* Crisp Romaine Salad* Mixed Fruit* 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 to 3 fruits or vegetables.</p>			<p>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.</p>	



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

Additional Entrées Served:

Offered Daily: Hamburger/Cheeseburger; Large Green or Chef Salad w/ Banana Bread; Yogurt, String Cheese & Banana Bread; Peanut Butter & Jelly Uncrustable w/ String Cheese & Goldfish Crackers;

 **Hummus Meal:** Roasted Red Pepper Hummus, Pretzels, Colby Jack Cheese Cubes & Mini Blueberry Loaf

Monday, Wednesday, Friday: Cheese & Beef Pepperoni Pizza;

Tuesday: Chicken Nuggets w/ Dinner Roll;

Thursday: Mac & Cheese; **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."