

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 Intermediate Lunch Menu August 2019

Fuel Up with School Breakfast at MI!
 All Students Welcome
 Served Daily in Cafeteria: 8:20 – 8:40 AM
 Breakfast Meal Price: \$1.80
 See Menu On-Line



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>20 Bosco Cheese Filled Breadsticks w/ Marinara Sauce Steamed Peas* Tossed Mix Salad* Mandarin Oranges* Milk</p>	<p>21 <i>Brunch for Lunch</i> French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Hearty Spinach Salad* 100% Apple, Orange or Grape Juice* Milk</p>	<p>22 Chicken Patty Sandwich Cucumber Slices* Baby Carrots* Blue Raspberry Lemon Juice Cup* Milk </p>	<p>23 Orange Chicken w/ Brown Rice Steamed Broccoli Florets* Grape Tomatoes* Diced Peaches* Milk</p>
<p>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</p>	<p>27 <u>Taco Tuesday!</u> Taco Salad w/ Baked Tostitos Chips Golden Corn* Refried Beans* Kicking Kiwi* Milk </p>	<p>28 Mini Turkey Corn Dogs Potato Smiles* Baby Carrots* Apple Slices* Milk</p>	<p>29 Popcorn Chicken w/ Dinner Roll Tossed Mix Salad* Celery Sticks* Chilled Strawberry Cup* Milk</p>	<p>30 Pepperoni Calzone Cucumber Slices* Crisp Romaine Salad* Mixed Fruit* Milk</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 to 3 fruits or vegetables.</p>			<p style="text-align: center;"><u>Check out Child Nutrition’s Interactive Menus!</u> 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.”