






**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 August 2019


**Fuel Up with School Breakfast at HS!**  
**HS Students - Breakfast is available in the Snack Shop**  
**Served Daily: 7:20-7:40 AM**  
**Breakfast Meal Price: \$1.80**  
**See Menu On-Line**  
**Breakfast Items Available Ala Carte**



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>20</b> Mini Turkey Corn Dogs Grape Tomatoes* Celery Sticks* Choice of 2 Fruits* Milk	<b>21</b> Popcorn Chicken w/ Dinner Roll Baby Carrots* Hearty Spinach Salad* Choice of 2 Fruits* Milk	<b>22</b> Pepperoni Calzone w/ Marinara Sauce Cucumber Slices* Crisp Romaine Salad* Choice of 2 Fruits* Milk	<b>23</b>  Tyson Breaded Chicken Drumstick w/ Biscuit Golden Corn* Tossed Mix Salad* Choice of 2 Fruits* Milk <i>Coming next month with                      Mashed Potatoes &amp; Gravy!</i>
<b>26</b> Bosco Cheese Filled Breadsticks w/ Marinara Sauce Roasted Seasoned Asparagus* Baby Carrots* Choice of 2 Fruits* Milk	<b>27</b> Orange Chicken w/ Brown Rice & Vegetable Eggroll Stir-Fry Vegetables* Red Pepper Strips* Choice of 2 Fruits* Milk 	<b>28</b> Cincinnati Chili & Spaghetti Kidney Beans* Crisp Romaine Salad* Choice of 2 Fruits* Milk	<b>29</b> <b>Brunch for Lunch</b> French Toast Sticks w/ Turkey Sausage Links Hash Brown Potato Rounds* Cucumber Slices* Choice of 2 Fruits* Milk	<b>30</b> Goldkist Boneless Chicken Wings w/ Harvest Cheddar Sun Chips Grape Tomatoes* Celery Sticks* Choice of 2 Fruits* Milk 


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.



**Check out Child Nutrition's Interactive Menus!**  
 Go to [meschildnutrition.com](http://meschildnutrition.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><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): \$0.65</b></p>	<p><b>Specialty Pizzas Offered:</b>  <i>Monday: Buffalo Chicken</i>  <i>Tuesday: Pork Bacon Ranch</i>  <i>Wednesday: Veggie Lovers</i>  <i>Thursday: BBQ Chicken</i>  <i>Friday: Mediterranean</i> </p>	<p><b>Follow Child Nutrition on Twitter @NutritionMCS!</b></p> 
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**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, Breaded or Hot & Spicy Chicken Sandwiches, Specialty Salads: Chef, Cobb, and Seasonal Grilled Chicken Caesar Salad, Deli Subs & Sandwiches, Hummus Meal,  Three Cheese Cavatappi Mac & Cheese (M, W, F) or Regular Mac & Cheese (T, Th) w/ Dinner Roll, Peanut Butter & Jelly Sandwich, Yogurt Parfait & Granola;

**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."